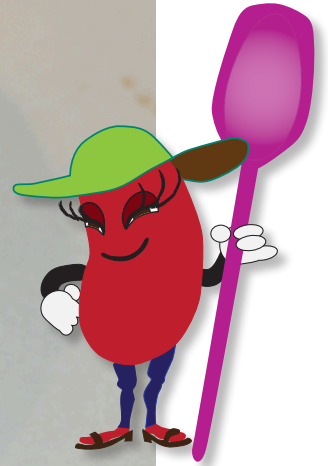


# Beans, Rice And Everything Nice



## Caramelized Onion Balsamic Jam

original recipe by  
[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

45 grams / 1/4 cup pitted dates

45 grams / 1/4 cup water

1 recipe [Caramelized Onions](#)  
with the following additions:

2 Tablespoon Balsamic Vinegar

1/4 - 1/2 teaspoon red pepper flakes

1 teaspoon dried rosemary leaves, crumbled

1 clove garlic, minced

1. Soak the dates in water while you prepare the onions. Follow the link for detailed directions on how to cook [Caramelized Onions](#). It should take about 15 - 20 minutes.
2. When the onions are almost cooked, add the garlic, red pepper flakes, rosemary, and balsamic vinegar. Stir to combine, cover with a lid and cook for 3 - 5 minutes more. Remove from heat and allow to cool slightly.
3. Add the cooled onion mixture to the foods processor along with the dates and the soaking water. Process until smooth, scraping down the sides as needed. Serve.