

Beet Relish

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 quart cooked beets, diced
1/3 cup onions, chopped
2 hot red peppers, chopped
2 teaspoons salt
1/4 cup prepared
horseradish
radish (optional), chopped.
2 cups cider vinegar
3/4 cup granulated sugar*

In a pot, add the onions to the beets and red peppers.

Add the salt, horseradish, cider vinegar and sugar. Add the radish, if using. Stir frequently over heat until the mixture reaches the boiling point. Simmer gently, stirring occasionally for 10 minutes.

Pack the mixture into canning jars.

Seal hot.

Per Serving (excluding unknown items): 961 Calories; 1g Fat (1.1% calories from fat); 12g Protein; 249g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 4785mg Sodium. Exchanges: 14 Vegetable; 12 Other Carbohydrates.