

Freezer Slaw

louise furtek

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 large head cabbage,
shredded
1 carrot, shredded
1 teaspoon salt
1/4 cup vinegar
1/4 cup water
2 cups sugar
1 teaspoon celery seed*

In a saucepan, boil together the vinegar, water, sugar and celery seeds.

Shred the cabbage and carrot. Add the salt. Mix well. Let stand for one hour.

Squeeze out any excess moisture.

Pour the cooled vinegar mixture over the top.

Place in freezer containers and freeze.

Per Serving (excluding unknown items): 1618 Calories; 1g Fat (0.5% calories from fat); 2g Protein; 416g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2183mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fat; 27 Other Carbohydrates.