

# Garden Medley

*Evelyn day*

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

*5 cups fresh corn, cut from the cob  
1 pound (3 cups) fresh green beans, cut up  
1 pound (2 cups) tomatoes, peeled, stems and cores removed, seeded, cut up  
2 cups shelled lima beans or peas  
2 cups bias sliced carrots  
2 cloves garlic, minced  
2 cups water  
2 teaspoons salt  
1/4 teaspoon pepper.*

In a cooking pot, combine the corn, green beans, tomatoes, lima beans, carrots and garlic. Add the water, salt and pepper. Cover. Bring to a boil. Boil, covered, for 2 to 3 minutes, stirring once.

To process: Pack the hot vegetables into clean, hot pint jars, leaving one inch of head space. If necessary, add enough boiling water to cover. Process in a pressure canner at ten pounds pressure for one hour.

To freeze: Cool the hot vegetables quickly by setting the pan in ice water. Pack in pint freezer containers, leaving 1/2 inch of head space. Seal and freeze.

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Per Serving (excluding unknown items): 702 Calories; 10g Fat (10.6% calories from fat); 26g Protein; 155g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 4406mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 1/2 Vegetable.