

Garden Special

Mary Perzan

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

*4 quarts ripe tomatoes
1 quart celery
1 quart onion
1 quart water
6 sweet green peppers
3 tablespoons salt
3 tablespoons sugar*

Dice the peppers, onions and celery (coarse stalks and leaves may be used). Place in a saucepan. Add water and cook together for 10 minutes.

Add the tomatoes. Add the salt and sugar. Bring to a boil.

Place the hot mixture into hot jars leaving 1/2 inch of head space at the top.

Process in a hot water bath for 30 minutes for quarts or 25 minutes for pints.

Per Serving (excluding unknown items): 1262 Calories; 12g Fat (7.7% calories from fat); 42g Protein; 289g Carbohydrate; 64g Dietary Fiber; 0mg Cholesterol; 19925mg Sodium. Exchanges: 45 1/2 Vegetable; 2 1/2 Other Carbohydrates.