

Lindbergh Relish

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

*2 medium heads cabbage
8 medium carrots
12 medium onions
4 green peppers
4 red peppers
1/2 cup salt
3 cups white vinegar
6 cups white sugar
1 teaspoon celery seed
1 teaspoon mustard seed*

Process the cabbage, carrots, onions and peppers through a meat chopper or shread. Add one-half cup of salt. Mix well. Let stand for two hours. Drain well.

Add the vinegar, sugar, celery seed and mustard seed. Mix well.

Place the mixture into canning jars.

Seal.

Per Serving (excluding unknown items): 1178 Calories; 7g Fat (4.6% calories from fat); 33g Protein; 288g Carbohydrate; 64g Dietary Fiber; 0mg Cholesterol; 51464mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 42 1/2 Vegetable; 0 Fat; 3 Other Carbohydrates.