

Mustard Pickles II

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

*2 quarts small cucumbers
2 quarts small onions
2 quarts green tomatoes
(optional)
2 or 3 heads cauliflower
1 head celery
6 green and red peppers
DRESSING
1 1/2 cups white sugar
1 1/2 cups brown sugar
1/2 cup flour
1/2 ounce turmeric
1/2 pound mustard
3 1/2 quarts vinegar, diluted*

Cut all of the vegetables into pieces.

Let stand in salt water overnight.

Drain well. Wash in clear water.

In a pot, mix the white sugar, brown sugar, flour, turmeric, mustard and vinegar. Bring to a boil.

Add the vegetables. Bring to a boil.

Fill the jars with the vegetables and syrup.

Seal.

Per Serving (excluding unknown items): 2283 Calories; 14g Fat (4.8% calories from fat); 37g Protein; 604g Carbohydrate; 39g Dietary Fiber; 0mg Cholesterol; 3100mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 21 1/2 Vegetable; 1 Fat; 28 1/2 Other Carbohydrates.