

Rhubarb Ketchup

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

*1 quart stewed rhubarb
1 quart chopped onions
1 quart vinegar
1 1/2 pounds brown sugar
1 tablespoon salt
3 tablespoons mixed spices*

Place all of the ingredients into a pot.

Bring to a boil. Simmer for about one and one-half hours. Watch closely because it burns easily.

Pack the mixture into canning jars.

Seal hot.

(Keeps indefinitely.)

Per Serving (excluding unknown items): 2937 Calories; 1g Fat (0.3% calories from fat); 7g Protein; 774g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 6689mg Sodium. Exchanges: 9 1/2 Vegetable; 47 1/2 Other Carbohydrates.