

Spanish Sauce II

Evelyn Day

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

Yield: 6 quarts

6 quarts prepared tomatoes

3 medium green sweet

peppers

3 small red sweet peppers

1 1/2 cups sliced celery

3 cloves garlic, minced or

pressed

1 1/2 teaspoons dried basil

6 teaspoons salt (optional)

Wash, rinse and drain the vegetables. Score, core, skin, chop and measure the tomatoes.

Remove the stem and blossom ends from the peppers. Discard the seeds and cut the peppers into small pieces.

In a saucepan, combine all of the ingredients with water. Boil for 10 minutes. Pour the hot peppers within 1/2 inch of the top of the jars. Cover.

Process in a hot water bath at 10 pounds pressure for 15 minutes for pints and 20 minutes for quarts.

(Excellent as a base for soup or a spaghetti sauce. Very good to simmer chicken legs in.)

Per Serving (excluding unknown items): 48 Calories; trace Fat (5.7% calories from fat); 2g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 159mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fat.