

Tomato Catsup

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

*1 1/2 cups vinegar
1 cup sugar
2 sticks cinnamon
1 tablespoon whole almond,
cloves
4 cloves garlic, chopped
2 teaspoons celery seed
1 teaspoon mustard seed
1 teaspoon whole allspice
1 tablespoon paprika
2 hot red peppers, chopped
and crushed*

In a saucepan, combine the vinegar, sugar, cinnamon, whole cloves, garlic, celery seed, mustard seed, allspice, paprika and red peppers. Mix well. Bring to a boil. Simmer for 30 minutes. Cover. Remove from the heat. Let stand until needed.

Meanwhile, core about six quarts of red tomatoes. Chop one cup of onions and one-half cup of sweet red peppers. Transfer the tomatoes, onions and peppers to a saucepan. Simmer until soft. Press the mixture through a food mill or sieve. Boil the pulp until it is reduced in volume by half.

Add one tablespoon of salt and the strained vinegar solution. Cook to a desired consistency. Pour the mixture into pint jars. Process the pint jars for 10 minutes in a boiling water bath.

Per Serving (excluding unknown items): 1019 Calories; 11g Fat (9.1% calories from fat); 7g Protein; 245g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 2 Fat; 15 Other Carbohydrates.