

Tomato Ketchup

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

*30 large tomatoes, chopped
12 large apples, chopped
1 green pepper, chopped
6 onions, chopped
1 cup vinegar
1/4 teaspoon cinnamon
1/2 teaspoon allspice
3 cups brown sugar
4 tablespoons salt*

Place all of the vegetables in a pot. Cook until tender. Press the mixture through a sieve into another pot.

Add the vinegar, cinnamon, allspice, brown sugar and salt. Cook until thick.

Pour the mixture into canning jars.

Seal hot.

Per Serving (excluding unknown items): 3708 Calories; 19g Fat (4.3% calories from fat); 43g Protein; 927g Carbohydrate; 100g Dietary Fiber; 0mg Cholesterol; 26108mg Sodium. Exchanges: 0 Grain(Starch); 44 Vegetable; 16 1/2 Fruit; 0 Fat; 29 Other Carbohydrates.