

Uncooked Tomato Relish

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

Yield: 3 quarts

*7 pounds red tomatoes
7 large onions
3/4 cup salt
2 pounds celery, cut fine
2 green peppers, cut fine
1 ounce mustard seed
1 ounce celery seed
2 small cups vinegar
6 cups sugar*

Peel and chop the tomatoes and onions. Add the salt. Mix well. Place the mixture in a cloth bag. Drain through the cloth overnight.

Place the vegetables in a large bowl.

In a bowl, mix the vinegar and sugar. Add the the spices, celery and peppers. Mix well. Add to the tomato and onion mixture.

Pack the tomato mixture into canning jars.

Seal.

(This keeps well for three to four months.)

Per Serving (excluding unknown items): 5442 Calories; 18g Fat (2.8% calories from fat); 29g Protein; 1360g Carbohydrate; 37g Dietary Fiber; 0mg Cholesterol; 77535mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 19 Vegetable; 2 1/2 Fat; 82 1/2 Other Carbohydrates.