

Cranberry Chutney

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*2 cups cranberries
1/2 cup water
1/2 cup raisins
1 small onion, sliced
1 cup sugar
1/4 teaspoon ginger
1/4 teaspoon cinnamon
1/8 teaspoon allspice
1/8 teaspoon salt
1 can (8 ounce) pineapple
tidbits*

In a saucepan, combine all of the ingredients except the pineapple.

Cook, uncovered, until the cranberries pop.

Stir in the pineapple.

Cook for 30 minutes more, stirring often.

Per Serving (excluding unknown items): 1130 Calories; 1g Fat (0.7% calories from fat); 4g Protein; 292g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 276mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 5 1/2 Fruit; 0 Fat; 13 1/2 Other Carbohydrates.