
Tuna Antipasto

Delores Danby James

Party Recipes from the Charleston Junior League - 1993

3 carrots, rthinly sliced
3 large onions, chopped
3 green bell peppers, chopped
1 cup olive oil
1 can (8 ounce) tomato sauce
1 teaspoon red wine vinegar
1 bottle (20 ounce) ketchup
2 teaspoons Worcestershire sauce
4 sweet pickles, chopped
2 cans (3 ounce ea) mushroom pieces, drained
3 cans (6-1/2 ounces ea) white tuna, drained
4 bay leaves
8 to 12 peppercorns
salt (to taste)

Steam the carrots until barely tender, about 5 minutes. Set aside.

In a frying pan over low heat, saute' the onion and green bell pepper in the olive oil until the vegetables are just tender, about 5 minutes. Add the tomato sauce, vinegar, ketchup and Worcestershire sauce. Cook over low heat for 3 minutes.

Add the pickles and mushrooms and cook for 3 more minutes. Add the tuna, carrots, bay leaves, peppercorns and salt. Cook for 15 minutes. Cool and place in a jar or airtight container. Refrigerate until ready to serve.

Before serving, remove the bay leaves and peppercorns.

Serve in a bowl, surrounded by crackers.

Yield: 6 cups

Appetizers

Per Serving (excluding unknown items): 2459 Calories; 219g Fat (76.9% calories from fat); 15g Protein; 133g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 2793mg Sodium. Exchanges: 0 Grain(Starch); 17 Vegetable; 43 Fat; 2 1/2 Other Carbohydrates.