

ChowChow

Southern Living Best Barbecue Recipes - June 2011

Preparation Time: 2 hours

Cook time: 8 minutes

5 green bell peppers

5 red bell peppers

2 large green tomatoes

2 large onions

1/2 small cabbage

1/4 cup pickling salt

3 cups sugar

2 cups white vinegar (5% acidity)

1 cup water

1 tablespoon mustard seeds

1 1/2 teaspoons celery seeds

3/4 teaspoon ground turmeric

Chop the red and green peppers, tomatoes, onions and cabbage.

In a large Dutch oven, stir together the chopped vegetables and salt.

Cover and chill for eight hours.

Rinse and drain the vegetables. Return the mixture to the Dutch oven.

Stir in the sugar, vinegar, water, mustard seeds, celery seeds and turmeric.

Bring to a boil over medium-high heat. Reduce the heat and simmer for 3 minutes.

Pack the hot mixture into hot jars, filling to 1/2-inch from the top. Remove air bubbles and wipe the jar rims.

Cover at once with metal lids and screw-on bands.

Process in a boiling-water bath for 15 minutes.

Yield: 5 1/2 pints

Per Serving (excluding unknown items): 2896 Calories; 8g Fat (2.2% calories from fat); 22g Protein; 722g Carbohydrate; 33g Dietary Fiber; 0mg Cholesterol; 105mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 20 1/2 Vegetable; 1/2 Fat; 40 Other Carbohydrates.