

# Helens Chili Sauce - Relish

*Cookbook Committee  
St Timothy's - Hale Schools - Raleigh, NC - 1976*

*10 pounds tomatoes,  
remove all seeds and skins  
6 green peppers, chopped  
6 red pimientos or red bell  
peppers, chopped  
2 to 3 cups vinegar  
3 large onions, chopped  
2 cups (or more) sugar  
1 tablespoon mixed spices  
in a bag  
2 sticks cinnamon  
salt (to taste)*

Squeeze out the inside of the tomatoes.

In a pot, combine the tomatoes, green peppers, pimientos, vinegar, onions, sugar, spices, cinnamon and salt. Mix well.

Cook slowly for two to three hours. Cook down until thick.

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Per Serving (excluding unknown items): 2836 Calories; 16g Fat (4.5% calories from fat); 46g Protein; 705g Carbohydrate; 72g Dietary Fiber; 0mg Cholesterol; 408mg Sodium. Exchanges: 1/2 Grain(Starch); 49 Vegetable; 0 Fat; 28 1/2 Other Carbohydrates.