



# Chow Chow I

A way to use all those fresh summer veggies.

Recipe by **SLT**

**Prep Time:** 45 mins

**Cook Time:** 15 mins

**Additional Time:** 12 hrs

**Total Time:** 13 hrs

## Ingredients

12 ½ pounds green tomatoes, chopped

8 large onions, chopped

10 green bell peppers, chopped

3 teaspoons salt

6 chopped green chile peppers

1 quart distilled white vinegar

1 ¾ cups white sugar

½ cup prepared horseradish

1 tablespoon ground cinnamon

1 tablespoon ground allspice

¼ teaspoon ground cloves

## Directions

### Step 1

In a large bowl combine tomatoes, onions, bell peppers and salt. Let stand overnight.

### Step 2

Drain the tomato/pepper mixture and add the hot chile peppers, vinegar, sugar, and horseradish. Wrap the cinnamon, allspice, and cloves in cheesecloth or a porous bag, and add to tomato/pepper mixture.

### Step 3

Boil for 15 minutes, or until tender.

### Step 4

Pack tightly in sterilized jars and seal.

## Nutrition Facts

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Per serving: 36 calories; total fat 0g; sodium 282mg; total carbohydrate 9g; dietary fiber 1g; total sugars 6g; protein 1g; vitamin c 31mg; calcium 13mg; iron 1mg; potassium 184mg