



Pickled or Non-Fermented Foods: Pickled Green Tomato Relish¹

 United States Department of Agriculture, Extension Service²

PICKLED GREEN TOMATO RELISH

10 lbs small, hard green tomatoes
 1-1/2 lbs red bell peppers
 1-1/2 lbs green bell peppers
 2 lbs onions
 1/2 cup canning or pickling salt
 1 qt water
 4 cups sugar
 1 qt vinegar (5 percent)
 1/3 cup prepared yellow mustard
 2 tbspcornstarch

Yield: 7 to 9 pints

Procedure: Wash and coarsely grate or finely chop tomatoes, peppers, and onions. Dissolve salt in water and pour over vegetables in large kettle. Heat to boiling and simmer 5 minutes. Drain in colander. Return vegetables to kettle. Add sugar, vinegar, mustard, and cornstarch. Stir to mix. Heat to boil and simmer 5 minutes. Fill sterile pint jars with hot relish, leaving 1/2-inch headspace. For more information see "Jars and Lids," (FCS 8255).

Adjust lids and process according to the recommendations in Table 1.

Table 1. Recommended process time for Pickled Green Tomato Relish in a boiling-water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	5 min	10	15

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