

# Our State eats

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## Chowchow

Yield: 6 pints.

- 6 pounds Roma tomatoes, chopped
- 2 heads cabbage, finely shredded
- 4 large yellow onions, chopped
- 6 green bell peppers, cored, seeded, and diced
- 3 yellow bell peppers, cored, seeded, and diced
- 1 cup salt
- ½ gallon white distilled vinegar
- 6 tablespoons yellow mustard seed
- 1 tablespoon ground cloves
- 1 tablespoon ground allspice
- 1 tablespoon celery seed
- 2 pounds light brown sugar

Place tomatoes, cabbage, onions, and bell peppers in a large bowl or food bucket. Cover vegetables with cold water. Stir in salt and let sit at room temperature overnight.

Drain the vegetable mixture in a colander and rinse well to remove salt.

Place vegetables in a large stockpot. Add vinegar, mustard seed, cloves, allspice, celery seed, and sugar. Cook on low heat for 1 to 2 hours.



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