

SWEET POTATOES – BAKED GOODS AND DESSERTS

SWEET POTATO BISCUITS

1 c. mashed sweet potatoes
1/4 c. vegetable shortening
1 T. sugar
1/2 tsp. soda

3/4 c. buttermilk
2 c. flour
1 T. baking powder
1 tsp. salt

Beat potatoes, shortening and sugar together until well mixed. Dissolve soda in buttermilk and add potato mixture. Combine remaining ingredients and add. Mix well and roll out 1/2-inch thick on a floured surface. Cut with a cutter or in squares. Put on a greased cookie sheet and bake at 400° about 15 minutes.

Variation: Use regular milk and delete soda.

SWEET POTATO MUFFINS WITH WALNUT STREUSEL

1 c. mashed sweet potatoes
1 c. milk
1 egg, beaten
1/4 c. butter, melted
2 c. flour
1/2 c. sugar
2 tsp. baking powder
1 tsp. cinnamon

1/2 tsp. nutmeg
1/2 tsp. salt
3 T. sugar
2 T. chopped walnuts
1 T. flour
1 T. butter
1/4 tsp. cinnamon

Beat sweet potatoes, milk and eggs until smooth; add butter. Combine flour, sugar, baking powder, spices and salt. Stir into sweet potato mixture just until blended. Divide batter evenly among 12 paper-lined muffin cups. Combine remaining ingredients and sprinkle on top, pressing tightly. Bake at 400° for 20-25 minutes.

SWEET POTATO CAKE

2 c. flour
2 c. sugar
2 tsp. baking powder
2 tsp. soda
1/2 tsp. salt

4 eggs
1 1/4 c. vegetable oil
3 c. raw sweet potatoes, grated
1 c. pecans (optional)

Combine dry ingredients. Set aside. Beat eggs. Add oil and sweet potatoes. Add dry ingredients and beat well. Fold in pecans. Pour into a floured tube pan or a 13 x 9 pan. Bake at 350° 50 minutes. Frost with cream cheese frosting if desired.

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SWEET POTATOES WITH PORK CHOPS AND PEARS

1 pt. pear halves
4 medium sweet potatoes, cooked
4 pork chops
salt and pepper

1/2 c. brown sugar
2 T. butter
1/4 tsp. cinnamon

Drain pears, reserving syrup. Peel sweet potatoes and cut crosswise into thick slices. Place in the bottom of a shallow baking dish. Trim excess fat off the chops. Brown slightly. Sprinkle with salt and pepper and place on sweet potatoes. Combine pear juice with remaining ingredients. Heat until sugar dissolves. Spoon half of the syrup over the chops. Bake at 350° for 30 minutes. Remove from the oven and place pear halves around the chops. Spoon remaining syrup over the pears and chops. Bake 30 minutes more or until chops are tender.

SWEET POTATOES IN BEEF STEW

2 lb. cubed stew meat
1 tsp. salt
1/4 tsp. pepper
1 clove garlic, chopped
1/2 c. chopped onion
1/2 c. chopped celery
1 tsp. parsley
4 c. boiling water

4 sweet potatoes, peeled and quartered
3 carrots, peeled and cut into 2-inch pieces
2 white potatoes, peeled and quartered
2 c. corn kernels
2 T. flour
1/4 c. water

Heat a large kettle and brown meat on all sides, a few pieces at a time. Remove pieces as they brown. Add salt, pepper, garlic, onion, and celery. Sauté briefly. Add beef, parsley and water. Return to a boil then reduce heat and simmer 1 1/2 hours. Add sweet potatoes, carrots and potatoes. Cook 35 minutes. Add corn and cook another 10 minutes. Combine flour and water. Add to stew while stirring. Stir until stew thickens.

For as the earth bringeth forth her bud, and as the garden causeth the things that are sown in it to spring forth; so the Lord GOD will cause righteousness and praise to spring forth before all the nations.

Isaiah 61:11

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TOMATOES – SOUPS

CHUNKY TOMATO SOUP

1 1/2 c. peeled, seeded and finely chopped tomatoes
2 tsp. sugar
1/4 c. butter

1/4 c. chopped onion
1/4 c. flour
3/4 tsp. salt
3 c. milk

Bring tomatoes and sugar to a boil; simmer 10-15 minutes. Meanwhile, heat butter and sauté onions for 5 minutes. Blend in flour, then slowly add milk while stirring. Cook and stir until thickened. Add hot tomatoes, stirring constantly.

Variation: Process tomatoes in a blender before heating or use tomato juice. Delete flour for a thinner tomato soup.

TURKEY VEGETABLE SOUP WITH TOMATOES

1 lb. ground turkey
1 c. chopped onion
1 c. sliced carrots
1 c. sliced celery
6 c. water
2 c. peeled and chopped tomatoes

1/3 c. uncooked rice, rinsed
1/4 c. ketchup
1 chicken bouillon cube
1 tsp. basil
1/8 tsp. pepper
1 bay leaf

Crumble ground turkey into a large kettle. Stir in onion, carrots and celery. Cook and stir about 5 minutes or until turkey is lightly browned. Stir in water, tomatoes, rice, ketchup, bouillon, basil, pepper and bay leaf. Bring to a boil; reduce heat. Cover; simmer 25-35 minutes or until vegetables and rice are tender.

...that which thou sowest is not quickened, except it die: And that which thou sowest, thou sowest not that body that shall be, but bare grain, it may chance of wheat, or of some other grain: but God giveth it a body as it hath pleased him, and to every seed his own body.

1 Corinthians 15:36-38

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TUNA STUFFED TOMATOES

6 large tomatoes
2 cans (6 to 7 oz. each) tuna,
drained and flaked
1/4 c. minced onion
1/4 c. diced celery
1/4 c. chopped parsley
6 T. mayonnaise
1/2 tsp. salt
1/4 tsp. pepper

Cut a very thin slice from bottom of each tomato so they stand upright; remove stem ends. Cut each tomato into 3 crosswise slices; set aside. Combine remaining ingredients. Using about 1/3 c. tuna mixture for each tomato, spread mixture on two lower slices. Reassemble each tomato; cover with top slice.

CREAM CHEESE AND BACON STUFFED CHERRY TOMATOES

1 qt. cherry tomatoes
8 oz. cream cheese, softened
6 bacon strips, cooked, crumbled
1/4 c. minced green onions
1/4 c. minced fresh parsley
1/2 tsp. Worcestershire sauce

Cut a thin slice off the top of each tomato. Scoop out and discard pulp. Invert the tomatoes on a paper towel to drain. Meanwhile, combine remaining ingredients in a small bowl; mix well. Spoon into tomatoes. Refrigerate until serving.

TACO SALAD WITH TOMATOES

1 lb. ground beef
15 oz. can kidney beans, drained
1 tsp. chili powder
1/2 tsp. salt
1 head lettuce
1 onion, chopped
4 tomatoes, chopped
1 c. shredded cheddar cheese
2-4 c. taco chips
1 c. French dressing

Brown ground beef. Drain excess grease. Add kidney beans, chili powder and salt. Simmer 10 minutes. Tear lettuce into bite size pieces and put in a large bowl. Add tomatoes, onion and cheese. Mix in meat mixture and slightly crushed taco chips. Stir in 1 c. dressing or pass with salad.

ZESTY TOMATO SAUCE

1 1/2 c. finely chopped tomatoes
1/2 c. chopped onion
2 jalapeno peppers, chopped
1 tsp. salt
1/4 tsp. cumin
1/8 clove garlic, crushed

Mix all ingredients. Serve with enchiladas, tacos, burritos or refried beans. Can be refrigerated.

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TOMATO ZUCCHINI CASSEROLE

2 c. bread crumbs
6 T. melted butter
1 tsp. oregano
2 eggs, beaten
1/2 tsp. salt
2 T. butter
2 c. chopped zucchini
1 green pepper, seeded and
chopped
1 onion, chopped
1 clove garlic, minced
6 tomatoes, chopped
1 T. chili powder
salt and pepper
2-3 c. grated Cheddar cheese

Combine crumbs, butter, oregano, eggs and salt. Press half of the mixture into a 13 x 9 pan. Heat 2 T. butter in a skillet. Sauté zucchini, pepper, onion and garlic until tender crisp. Add tomatoes; cook 5 minutes. Drain off liquid. Add chili powder, salt and pepper. Spread the mixture on the crust. Cover with cheese and sprinkle with remaining crumbs. Bake at 350° for 45 minutes.

BAKED STUFFED TOMATOES

4 ripe tomatoes
1 small clove garlic, minced
1/4 c. chopped onion
1/4 c. chopped celery
1/4 c. butter
1/2 tsp. salt
1/4 tsp. pepper
1 1/2 c. fresh bread crumbs
1/2 tsp. parsley

Hollow out tomatoes, being careful not to break through the skin. Chop the tomato pulp and set aside. Cook garlic, onion and celery in butter over low heat until onion is transparent. Add chopped tomato, sprinkle with salt and pepper and cook, stirring occasionally, until vegetables are tender. Stir in bread crumbs and parsley and fill tomatoes. Place stuffed tomatoes on a buttered baking sheet. Bake at 350° for 10-12 minutes.

Variation: Halved cucumbers or summer squash may be used instead of tomatoes.

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

John 6:35

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TOMATOES AND SCRAMBLED EGGS

2 tomatoes
1/2 tsp. salt
1 1/2 T. butter
4 eggs

Peel tomatoes. Cut into eighths. Bring tomatoes and salt to a boil and boil 1 minute. Drain juice. Dot with half of the butter. Melt remaining butter in a skillet. Add eggs. When partially cooked, add tomatoes. Stir to mix well.

FRIED GREEN TOMATOES

6 medium green tomatoes
2 eggs
1/4 c. milk
1 c. corn meal, bread crumbs or
flour
1/2 tsp. salt
1/2 tsp. oregano
1/8 tsp. pepper
2 T. butter
1 T. vegetable oil

Slice tomatoes into 1/4 to 1/2-inch slices. Beat together eggs and milk. Combine corn meal, salt, oregano and pepper. Heat butter and oil in a skillet. Dip tomato slices in egg mixture then in corn meal mixture. Fry tomato slices, turning once, until golden brown on both sides.

SPAGHETTI WITH FRESH TOMATOES

8 medium tomatoes
1/4 c. olive or vegetable oil
1 clove garlic, crushed
1 T. chopped fresh parsley
1 tsp. basil
1 tsp. salt
16 black olives, sliced
8 oz. spaghetti

Peel tomatoes. Chop and seed. Let drain. Combine oil, garlic, parsley, basil, salt and black olives. Add tomatoes and mix well. Cover and set aside at room temperature. Cook spaghetti according to directions. Drain then return to kettle. Add tomato mixture; toss well. Serve with grated Parmesan cheese if desired.

TOMATO CORN CASSEROLE

3 c. fresh corn
6 tomatoes, sliced thick
1 onion, chopped fine
1 green pepper, chopped fine
2 T. butter
salt and pepper
1 c. coarse bread crumbs
4 slices bacon, diced

Spread half the corn in a casserole, cover it with slices of tomato packed closely, sprinkle with half the onion and green pepper; dot with butter. Sprinkle with salt and pepper. Add another layer in the same order. Top the casserole with bread crumbs and diced bacon. Bake at 375° for 40-45 minutes.

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TOMATOES WITH CHICKEN

3 T. butter
3 T. olive or vegetable oil
1 small onion, chopped
2 cloves garlic, minced
1 frying chicken cut up
1 qt. tomatoes, peeled and
chopped
salt and pepper to taste
1/2 tsp. basil
1/2 tsp. oregano

In a large kettle, sauté onions and garlic in butter and oil. Add chicken to brown. Add remaining ingredients and simmer, covered 30-40 minutes or until chicken is done. Add 1 or 2 cups cooked rice to juice if desired.

CHICKEN STIR FRY WITH TOMATOES

1/4 c. soy sauce
1/2 c. water
2 T. cornstarch
1 chicken breast, cut into 1-inch
pieces
6 T. vegetable oil
1 medium onion, sliced into rings
2 cloves garlic, minced
1 green pepper, cut into strips
1/2 c. sliced water chestnuts
(optional)
2 medium tomatoes, cut into
wedges
cooked rice enough for 4-5 people

Mix soy sauce, water and cornstarch. Marinate the chicken in the mixture for 15 minutes. Heat 3 T. oil in a large skillet and stir fry onion for 1 minute. Add garlic, pepper and water chestnuts and stir fry until vegetables are tender crisp. Remove vegetables. Heat remaining oil in skillet and add chicken mixture. Stir fry 5 minutes or until chicken is cooked. Add vegetables and tomatoes. Cook 2 minutes or until tomatoes are warm. Serve with rice.

BAKED SPAGHETTI WITH TOMATOES

8 oz. spaghetti
2 T. butter
1/4 c. chopped onion
1/4 c. chopped green pepper
2 c. peeled, seeded and chopped
tomatoes
1/2 tsp. salt or to taste
1/4 tsp. pepper
1/8 tsp. paprika
1 T. sugar
1 c. grated cheese

Cook spaghetti and drain well. Melt butter and sauté onion and green pepper for 5 minutes. Add all but cheese and spaghetti. Simmer 10 minutes. Add cooked spaghetti and mix well. Add 1/2 c. cheese. Put into a buttered baking dish and top with remaining cheese. Bake at 400° for 20-25 minutes.

Variation: Add browned ground beef or sausage.

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TOMATOES – SIDE AND MAIN DISHES

STEWED TOMATOES

6 large ripe tomatoes 1/2 tsp. salt
2 T. butter 1/8 tsp. pepper
1 T. sugar 1/2 tsp. basil

Peel tomatoes and cut into chunks. Melt butter and add tomatoes and remaining ingredients. Simmer 10 minutes or until tomatoes are soft.

Variations: Combine 2 tsp. cornstarch and 2 tsp. water. Stir into tender tomatoes. Cook until thick.

Or add a green pepper, an onion and a clove of garlic to melted butter before adding tomatoes. Cook 5 minutes then add tomatoes.

SAUTÉED TOMATOES

Heat butter in a skillet. Add sliced, unpeeled (unless skins are thick) tomatoes and cook about 2 minutes on each side. Sprinkle with salt, pepper and basil if desired.

BROILED TOMATOES

1 tomato per person salt and pepper
1 tsp. vegetable oil or melted grated cheese
butter per tomato

Cut tomatoes in half horizontally. Brush with oil and sprinkle with salt and pepper. Top with cheese. Broil on a low rack until the tops are browned but not burned, and the tomatoes are heated through.

Variation: Top with bread crumbs instead of cheese.

SCALLOPED TOMATOES

6 c. tomatoes, peeled and cut up salt and pepper to taste
1/4 c. butter 1 T. sugar
1/4 c. chopped onions 1 1/2 c. toasted bread cubes
1/4 c. chopped green pepper

Cook onions and green peppers in butter until tender. In a 2-quart casserole, mix all ingredients together, except 1/2 c. bread cubes. Sprinkle remaining bread cubes on top and bake at 350° for 30 minutes.

Variation: Top with grated cheese and put under broiler until bubbly brown.

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TOMATO CHEESE PIE WITH SALMON

1 1/3 c. flour 1/4 c. canned salmon, drained and
1/2 tsp. salt flaked
1/2 c. vegetable shortening 3-4 ripe tomatoes, cut into thin
3 T. water wedges
2 c. Cheddar or mozzarella cheese 1 tsp. basil
1 c. cottage cheese 1 tsp. oregano
1/4 lb. mushrooms, sliced and 1/4 c. chopped green onion
sautéed salt and pepper
2 T. chopped onions

Combine flour and salt. Cut in shortening with a pastry blender or two knives. Sprinkle with water, tossing lightly. Make a firm ball then roll dough out 1/8-inch thick to fit a 9-inch pie plate. Bake at 425° for 10-15 minutes or until lightly browned. Reduce heat to 325°. Combine cheeses, mushrooms, onions and salmon. Spoon into the baked shell. Arrange tomato wedges in a tightly overlapping circle on mixture. Sprinkle with herbs, green onions, salt and pepper. Bake at 325° for 20 minutes. Cool 15 minutes before cutting.

Variation: Delete salmon.

EASY TOMATO MEAT PIE

2 onions, sliced thin 1/4 tsp. pepper
2 c. sliced cold roast beef or pork 2 c. peeled, sliced tomatoes
2 T. flour 2 c. buttered bread crumbs
1 tsp. salt

Alternate layers of onions and meat in a buttered baking dish. Sprinkle each layer with flour, salt and pepper. Place tomato slices on top. Put bread crumbs on tomatoes. Bake at 350° until brown.

TOMATOES WITH HOT DOGS AND ONIONS

5 tomatoes, sliced thin 1/2 tsp. basil
2 onions, sliced thin 1 c. shredded cheese
10 hot dogs, cut into 1-inch pieces

Layer tomatoes, onions and hot dogs in a large skillet. Sprinkle with basil. Cover; cook over low heat for 30 minutes. Sprinkle cheese on top just before serving.

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TOMATOES – SANDWICHES

TOMATO AND CHICKEN SANDWICHES

8 slices buttered toast salt
8 slices cooked chicken 1 c. grated American cheese
8 slices tomato 2 tsp. Worcestershire sauce

Place slices of buttered toast in shallow baking pan. Place chicken on toast and tomato on chicken. Sprinkle with salt. Spread with grated cheese mixed with Worcestershire sauce. Melt cheese under broiler. Serve at once.

HOT TOMATO AND HAM SANDWICHES

8 slices fully cooked ham 8 slices American cheese
8 hamburger buns 8 tomato slices

Brown ham slices on each side. Toast or warm hamburger buns; top with cheese slices; tomato slices and ham. Heat until cheese melts. Serve hot.

SLOPPY JOES WITH FRESH TOMATOES

2 T. butter 1 c. cooked pinto or kidney beans
1/2 c. diced onion 1/4 tsp. salt
1/2 c. diced green pepper 1/2 tsp. pepper
2 1/2 c. minced fresh jalapeno 1 tsp. chili powder
pepper (optional) 1 c. ketchup
1 tsp. minced garlic 1 c. peeled, diced tomatoes
1/2 lb. ground beef

Heat butter. Sauté onions, green pepper, jalapeno pepper and garlic until onions are translucent. Add the beef and cook, stirring until meat is lightly browned. Drain off all fat. Add the beans, salt, pepper and chili powder. Cook for 1 minute, stirring continually to season evenly. Add the ketchup and tomatoes. Cook uncovered until sauce thickens. Serve on bread or hamburger buns.

Casting all your care upon him; for he careth for you.

1 Peter 5:7

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STUFFED TOMATOES WITH MEAT

6 firm, red tomatoes 1 clove garlic, minced
1/2 lb. sausage or ground beef 1/2 tsp. basil
olive or vegetable oil 1/4 c. grated Parmesan cheese
3/4 c. uncooked rice 1 tsp. parsley
1 onion, finely chopped salt and pepper to taste

Cut tops off unpeeled tomatoes. Remove seeds and reserve the juice. Sprinkle insides with salt and invert to drain. Brown meat, drain fat and set aside. Sauté onion and rice in olive oil in heavy skillet over medium heat until rice is translucent and just turning golden. Combine meat, rice, herbs, cheese and reserved tomato juice. Stuff shells with mixture. Because the rice swells in cooking, fill the shells only half full. Place tomatoes on oiled, shallow baking pan and bake at 350° for 50 minutes or until tomatoes are soft but still firm.

TOMATO STUFFED FISH FILLETS

1 medium tomato, peeled and 1 1/2 lb. fresh flounder or
chopped haddock fillets
1/4 c. finely chopped onion vegetable oil
1/4 tsp. basil leaves salt and pepper

Combine tomato, onion and basil; set aside. Brush both sides of fillets with oil; sprinkle with salt and pepper. Place small amount of tomato mixture in center of each fillet. Overlap both ends of fillet over tomato; fasten with wooden picks. Arrange on broiler rack. Broil 3 inches from source of heat, turning once and brushing with vegetable oil. Broil 5 minutes on each side or until fish flakes easily with a fork but is still moist.

Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: and whosoever liveth and believeth in me shall never die, Believest thou this?

John 11:25,26

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BEEFY SPAGHETTI WITH TOMATO JUICE

1 lb. ground beef	1 T. vegetable oil
1 c. chopped onion	1 tsp. salt
3 c. broken spaghetti	1 tsp. garlic salt
4 c. tomato juice or peeled, chopped tomatoes	1 tsp. oregano
	1/8 tsp. pepper

Brown ground beef and onion in a large skillet or kettle. Spread broken spaghetti over meat. Combine remaining ingredients and pour over spaghetti; mix. Cook over low heat until spaghetti is tender, about 30 minutes.

STACK SUPPER WITH TOMATOES

2 c. long grain white rice	2 c. chopped onion
1 head lettuce, chopped	1 qt. milk
3 lb. ground beef, browned	1/2 lb. process cheese
2 qt. chopped tomatoes	taco sauce or salsa

Cook rice according to package instructions. Prepare other ingredients. Heat milk and stir in cheese to make cheese sauce. Pass the ingredients in the order given, stacking one on top of the other with the cheese sauce going on last. Top with taco sauce or salsa.

Variation: Delete rice and replace with slightly crushed corn or taco chips.

SWISS STEAK WITH TOMATOES

1/4 c. flour	1-4 oz. can mushroom pieces
1 tsp. salt	1/2 c. finely chopped onion
1/4 tsp. pepper	1/2 c. finely chopped green pepper
2 lb. round steak, cut 1-inch thick	2 c. tomatoes, peeled and chopped
2 T. vegetable oil	

Combine flour with salt and pepper; pound into meat. Heat oil. Brown steak for 5 minutes per side. Add mushrooms, onion, green pepper and tomatoes. Simmer over low heat, covered, for 1 1/2 hours or until tender.

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

II Corinthians 12:9

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TOMATOES – CANNING AND FREEZING

ACIDIFYING CANNED TOMATO PRODUCTS⁵

Since there are so many factors that affect the acidity of canned tomatoes and juice products and because it is impractical if not impossible for the home canner to measure the pH of each container canned, the U.S.D.A. recommends that additional acid be added to most home-canned tomato products. The only exceptions are recipes that contain substantial amounts of vinegar (such as catsup, chili sauce, salsa) or that contain large amounts of low-acid vegetables and must be canned in the pressure canner for times sufficient to destroy botulinum spores (such as tomato-vegetable soup mixtures.)

Citric acid is very effective in increasing the acidity of tomatoes and tomato products without causing noticeable changes in flavor. Bottled lemon juice is the most convenient source of citric acid but other products can be used, if you prefer. A small amount of sugar—one tsp. per quart—can be added to offset the acid taste if desired.

Add 1 T. lemon juice per pint or 2 T. per quart. Measure this amount into the clean jar before filling with tomatoes.

Vinegar is not as effective as citric acid in increasing acidity in tomatoes when used in small amounts. Amounts large enough to significantly change the acidity of canned tomatoes produce a noticeable flavor change. For this reason, vinegar is not recommended as an acidifier in plain canned tomatoes or juice. However, the amount added to ketchup, chili sauce or similar products is adequate for safety, provided the vinegar is added at the very end of the cooking process, as recipes direct.

HOW TO CAN TOMATO JUICE⁵

Select fully red, ripe tomatoes. Wash, remove stems and cut out cores. (Do not use overripe tomatoes or those with damage spots or decay). Cut the unpeeled tomatoes into pieces and put them in a large kettle with a lid. Heat rapidly to simmering. Stir frequently to keep them from scorching. About 23 lb. of raw tomatoes will be needed for 7 qt. of juice; 14 lb. for 9 pt. of juice. Strain the tomatoes through a fine sieve, strainer or a food mill to separate the juice from skins, seeds and fibers. If you have a blender, blend the hot tomatoes for a few seconds before straining to obtain more pulp. After straining, reheat the juice to boiling. Pour into clean hot jars. Add 2 T. lemon juice per quart 1 T. per pint. Add salt, if desired—1/2 tsp. per pint, 1 tsp. per quart. (cont. next page)

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GREEN TOMATO OATMEAL BARS

4 c. finely chopped green tomatoes	1 1/2 c. flour
2 c. brown sugar, packed	1/2 tsp. soda
2 T. lemon juice	1/2 tsp. salt
1 tsp. lemon extract	2 c. rolled oats
3/4 c. butter	1/2 c. chopped walnuts

Combine tomatoes, 1 c. sugar and lemon juice. Simmer 15-20 minutes or until mixture is very thick. Remove from heat and stir in lemon extract. Set aside. Cream together butter and the other cup of sugar. Add remaining ingredients. Mix well. Press 2/3 of the crumbs into a buttered 13 x 9 pan. Top with tomato mixture. Sprinkle remaining crumbs on top. Bake at 375° for 30-35 minutes. Cool and cut into bars.

GREEN TOMATO CHOCOLATE CAKE

3/4 c. butter, softened	1/2 c. milk
2 c. sugar	2 1/2 c. flour
3 eggs	1/2 c. cocoa
1 tsp. mint extract (optional)	2 1/2 tsp. baking powder
2 c. coarsely grated green tomatoes	1/2 tsp. soda
1 tsp. vanilla	1 tsp. salt
	1 tsp. cinnamon

Cream butter and sugar. Beat in eggs. Add mint extract, tomatoes, vanilla and milk. Combine dry ingredients and stir into batter. Pour into a buttered and floured 10-inch tube pan. Bake at 350° for 50-60 minutes.

GREEN TOMATO PIE

4 c. green tomato slices	1 tsp. cinnamon
pastry for two 9-inch pie shells	1/4 tsp. nutmeg
1 1/2 c. sugar	1 T. lemon juice (optional)
2 T. flour	2 T. butter

Cover unpeeled tomato slices with boiling water. Let stand 10 minutes; drain. Carefully ease one pie shell into a 9-inch pie plate. Trim edges. Combine sugar, flour and spices. Spread 1/2 c. of the mixture in the pie shell. Arrange well drained tomato slices on top. Sprinkle with lemon juice. Top with remaining sugar mixture. Dot with butter. Cover with the top crust. Make a few slits in it and flute the edges. Bake at 425° for 15 minutes then at 375° for 30 minutes.

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TOMATO KETCHUP

4 qt. red ripe tomatoes, chopped	2 tsp. whole cloves
1 c. chopped onion	3-inch cinnamon stick
3/4 c. sweet peppers, chopped	1 c. sugar
1 tsp. mustard seed	1 T. salt
1 1/2 tsp. celery seed	1 T. paprika
1/2 tsp. whole allspice	1 1/2 c. cider vinegar

Cook unpeeled, chopped tomatoes, onions and peppers vigorously about 45 minutes. Blend and put through a wire strainer or put through a large crank strainer. Cook strained tomatoes gently, uncovered, until volume is reduced by half. Stir often. Tie spices in a cheesecloth bag and add. Add brown sugar, salt and paprika to puree. Continue cooking over medium heat until very thick (about 1 1/2-2 hours), stirring often. Add vinegar during the last 10-15 minutes of cooking. Remove spice bag and pour hot ketchup into pint or 1/2 pint jars, leaving 1/2-inch headspace. Process 20 minutes in a boiling water canner or freeze.

MILD SALSA

8 c. peeled, seeded and chopped tomatoes (about 5 lb.)	2 cloves garlic, minced
2 c. seeded and chopped green, red or yellow bell peppers	2 T. minced cilantro
1 c. chopped onion	1 tsp. salt
	1/2 c. vinegar
	2 drops hot pepper sauce

Combine all ingredients in a large kettle. Bring mixture to a boil; reduce heat and simmer 10 minutes. Carefully ladle hot salsa into hot jars, leaving 1/4-inch headspace. Adjust lids. Process in a boiling water canner for 15 minutes. Makes about 7 half pints.

SALSA WITH JALAPENO PEPPERS

8 c. peeled, seeded and chopped tomatoes	2 T. minced cilantro (optional)
3 c. chopped jalapeno peppers	2 tsp. oregano
2 c. chopped onion	1 1/2 tsp. salt
3 cloves garlic, minced	1/2 tsp. cumin
	1 1/2 c. vinegar or lemon juice

When seeding or cutting hot peppers, wear rubber gloves to prevent hands from being burned. Combine all ingredients in a large kettle. Bring to a boil; reduce heat and simmer 10 minutes. Carefully ladle hot salsa into hot jars, leaving 1/2-inch headspace. Adjust lids. Process in a boiling water canner for 15 minutes.

Variation: Use part sweet peppers.

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TOMATO BREAD

2 c. tomato juice
2 T. butter
3 T. sugar
1 tsp. salt
1/2 tsp. basil
1/2 tsp. oregano

1/4 c. ketchup
1/4 c. grated cheese
1 pkg. yeast (1 T.)
1/4 c. warm water (110 to 115°)
7 c. flour

Heat tomato juice and butter together until the butter is melted. Add sugar, salt, herbs, ketchup and cheese; allow to cool to lukewarm. Sprinkle yeast on warm water and stir to dissolve. Add tomato mixture and 3 c. flour to yeast. Beat with electric mixer 2 minutes or beat by hand until smooth. Gradually mix in enough remaining flour to make soft dough that leaves the side of the bowl. Turn onto lightly floured board and knead for 8 to 10 minutes, when dough will be elastic and smooth. Place in lightly greased bowl; turn dough over so top is greased. Cover and let rise in warm place until double in size-1 to 1 1/2 hours. Punch down and divide in half. Cover and let rest 10 minutes. Shape into loaves and place in greased, loaf pans. Cover and let rise until almost doubled-about 1 hour. Bake at 375° for 25 minutes or until done.

GREEN TOMATO BREAD

8-10 medium green tomatoes,
coarsely chopped
2/3 c. raisins
2/3 c. boiling water
2/3 c. vegetable shortening
2 1/2 c. sugar
3 eggs

3 1/2 c. flour
2 tsp. baking soda
1 1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. cinnamon
1 tsp. cloves

Put tomatoes in blender and blend until smooth. Use enough tomatoes to make 2 c. pulp. Soak raisins in boiling water and set aside to cool. Cream shortening and sugar until fluffy. Add eggs, tomato pulp, raisins and soaking water. Beat well. Combine remaining ingredients. Add to tomato mixture, stirring well. Divide batter into two oiled loaf pans. Bake at 350° approximately 60-70 minutes.

And he said, Whereunto shall we liken the kingdom of God? or with what comparison shall we compare it? It is like a grain of mustard seed, which, when it is sown in the earth, is less than all the seeds that be in the earth: But when it is sown, it groweth up, and becometh greater than all herbs, and shooteth out great branches; so that the fowls of the air may lodge under the shadow of it.

Mark 4:30-32

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TOMATO SAUCE OR PUREE WITH VEGETABLES

8 qt. fully ripe tomatoes, cored
and quartered (about 20-25
lb.)
3 large red and/or green peppers,
seeded and chopped
(2 1/4 c.)

3 medium onions, chopped
(1 1/2 c.)
3 medium carrots, chopped
3 stalks celery, chopped
3 T. salt
2 or 3 cloves garlic crushed (opt.)

Place all vegetables in a large kettle and heat quickly to simmering. Simmer until all vegetables are soft. For maximum solids in the sauce, blend and then press through a fine sieve, strainer or food mill to remove skins and seeds. Simmer the strained sauce until thick. For a thin sauce, reduce the volume by one third; for puree, reduce the volume by one half. Stir frequently to avoid sticking. Pour hot into jars, leaving 1/2-inch headspace. Adjust lids.

Process in a pressure canner, pints or quarts for 40 minutes at 10 lb. of pressure or 20 minutes at 15 lb. of pressure.

HOW TO CAN WHOLE TOMATOES⁵

Wash and sort tomatoes. Dip in boiling water for 30 to 60 seconds or until skin splits. Then dip in cold water, slip off skin, and remove cores. Add 2 T. lemon juice to each quart, 1 T. to each pint. Add 1 tsp. salt per quart if desired. Pack raw tomatoes into jars, leaving them whole or cutting them in halves. Press the tomatoes down to produce sufficient juice to cover, or add hot tomato juice to cover the tomatoes. Remove excess air from the jar by running a spatula or knife between the tomatoes and the side of the jar in several places. Adjust lids and process pints and quarts in a boiling water bath for 85 minutes. Or process in a pressure canner, pints or quarts for 40 minutes at 10 lb. of pressure, 25 minutes at 15 lb. of pressure

TOMATO VEGETABLE SOUP⁵

To make soup, combine tomato pulp or juice with a mixture of vegetables such as corn, lima beans, carrots, celery and onion. Such vegetable mixtures must be processed in a pressure canner because of their low acid content. Base the processing time on the vegetable requiring the longest processing. For example, if corn is included, the processing time for quarts would be 85 minutes at 10 pounds pressure.

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

Galatians 5:22,23

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TOMATO GRAVY

6 ripe tomatoes, peeled and
chopped
2 T. vegetable oil
1 onion, chopped
1 T. sugar

1/2 tsp. salt
1/8 tsp. pepper
1/2 c. water
3 T. flour

Prepare tomatoes. Heat oil and sauté onions 5-10 minutes, stirring occasionally. Add sugar, salt and pepper. Combine water and flour. Stir into tomatoes. Cook and stir until thickened.

Variation: Substitute 1/2 c. cream for the 1/2 c. water.

TOMATO SAUCE

Quarter red ripe tomatoes and cook in a stainless steel kettle on medium heat for 2-3 hours. Strain through a sieve or strainer. One pound of tomatoes makes approximately 1 c. sauce. This can be used immediately or be canned or frozen.

TOMATOES – BAKED GOODS AND DESSERTS

GREEN TOMATO MUFFINS

2 c. flour
1 T. baking powder
1/2 tsp. salt
2 tsp. cinnamon
1 egg

1/4 c. vegetable oil
1/3 c. honey or sugar
1 c. milk
2 c. chopped green tomatoes
1/2 c. raisins

Combine dry ingredients. Beat egg in another bowl then add remaining ingredients. Combine with dry ingredients. Stir just enough to moisten batter. Bake at 425° approximately 25 minutes. Makes 12 muffins.

And Jesus answered them, saying, The hour is come, that the Son of man should be glorified. Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit. He that loveth his life shall lose it; and he that hateth his life in this world shall keep it unto life eternal.

John 12:23-25

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Process in a boiling water canner 35 minutes for pints and 40 minutes per quart. Or process in a pressure canner for 20 minutes at 10 lb. of pressure; 15 minutes at 15 lb. of pressure.

TOMATO VEGETABLE JUICE

8 qt. tomatoes, cored and
quartered (about 20-25 lb.)
3 medium onions
2 medium carrots, peeled

3 stalks celery
2 medium beets, peeled
2 green peppers, cored (optional)
3 T. salt

Wash, remove stems and core fully red, ripe tomatoes. Quarter and place in a large kettle. Chop or blend onion, celery, beets, carrots and green peppers and add to tomatoes. Heat rapidly to simmering temperature and simmer long enough to cook vegetables thoroughly. Strain through a fine sieve or food mill to separate juice from skin and seeds. Reheat the juice to boiling. Pour into clean hot jars. Add 2 T. lemon juice per qt, 1 T. per pt. Add salt, if desired: 1/2 tsp. per pint, 1 tsp. per quart. Wipe rim of jar and put lids on.

Process in a boiling water canner 35 minutes for pints and 40 minutes for quarts. Or use a pressure canner at 10 lb. of pressure for 20 minutes, or 15 lb. of pressure for 15 minutes.

TOMATO SAUCE, PUREE OR PASTE⁵

Wash, remove stems and cut out cores of fully ripe tomatoes. Cut in pieces and put in a large kettle with a lid. Salt, sugar, bay leaf or garlic may be added for seasoning. Heat rapidly, stirring frequently. Strain, then simmer juice. For a thin sauce reduce the volume by one third; for puree, reduce volume by 1/2 and for paste cook until the mixture rounds up on a spoon. Pour into jars, leaving 1/2-inch headspace. The USDA recommends adding 2 T. lemon juice per quart, 1 T. per pint. Very thick sauce should not be canned in quarts. Add 1/2 tsp. salt per pint, 1 tsp. per quart if none was added earlier. Adjust lids.

Process in a boiling water canner, 35 minutes for pints and 40 minutes for quarts. Or process in a pressure canner for 20 minutes at 10 lb. pressure or 15 minutes at 15 lb. of pressure.

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SALSA WITH HUNGARIAN WAX PEPPERS

- | | |
|----------------------------------------------------------|---------------------------|
| 10 c. peeled, cored, seeded and chopped tomatoes (6 lb.) | 1 chopped habanero pepper |
| 5 c. chopped onions | 4 cloves garlic, minced |
| 2 c. chopped yellow Hungarian wax peppers | 2 tsp. salt |
| | 3/4 c. vinegar |

When seeding or cutting hot peppers, wear rubber gloves to prevent hands from being burned. Combine all ingredients in a large kettle. Bring mixture to a boil; reduce heat and simmer 10 minutes. Carefully ladle hot salsa into hot jars, leaving 1/2-inch headspace. Process 15 minutes in a boiling water canner.

CHILI SAUCE

- | | |
|-------------------------------------------------------|-------------------------|
| 7 qt. fully ripe tomatoes, peeled, seeded and chopped | 1 c. chopped celery |
| 3 green sweet peppers, seeded and chopped | 1 3-inch cinnamon stick |
| 2 red sweet peppers, seeded and chopped | 1 tsp. whole cloves |
| 2 c. chopped onion | 1 tsp. whole allspice |
| | 3 T. salt |
| | 2 c. sugar |
| | 2 c. vinegar |

Loosen tomato skins by scalding; core and peel. Chop vegetables coarsely, using a knife, food grinder or food processor. Put them in a large kettle and heat rapidly to simmering. Tie spices in spice bag. Add to chopped vegetables. Simmer 30 to 45 minutes. Remove bag. Add sugar, salt and vinegar to tomato mixture. Boil rapidly for 5 minutes. Pour hot into pint jars, leaving 1/2-inch headspace. Adjust lids. Process for 20 minutes in a boiling water canner.

PIZZA SAUCE

- | | |
|------------------------------|-----------------------|
| 3 lb. onions | 1/3 c. salt |
| 2 green peppers | 1/4 c. parsley flakes |
| 10 qt. tomato juice | 1/4 c. oregano |
| 2 tsp. crushed red pepper | 1/4 c. basil |
| 4-5 12 oz. cans tomato paste | 6 bay leaves |
| 1 pt. olive or vegetable oil | 2 garlic cloves |
| 1 c. sugar | |

Blend onions and peppers in the blender or chop fine. Cook onions, peppers, tomato juice and crushed red pepper for one hour. Add remaining ingredients and cook another hour, stirring frequently. Pour into jars, leaving 1-inch headspace. Process in a pressure canner, pints for 20 minutes and quarts for 25 minutes. Process at 15 lb. of pressure.

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MOCK BERRY JAM WITH GREEN TOMATOES

- | | |
|----------------------------|--------------------------------------|
| 3 c. ground green tomatoes | 6 oz. raspberry or blueberry gelatin |
| 2 c. sugar | |

Boil ingredients for 20 minutes. Put in jars. Process in a boiling water canner for 10 minutes.

GREEN TOMATO PIE FILLING

- | | |
|--------------------------------------------|----------------------|
| 4 qt. chopped green tomatoes | 2 1/2 c. brown sugar |
| 3 qt. peeled and chopped tart apples | 2 1/2 c. sugar |
| 1 lb. dark raisins | 1/2 c. vinegar |
| 1 lb. white raisins | 1 c. lemon juice |
| 1/4 c. minced citron, lemon or orange peel | 2 T. cinnamon |
| 2 c. water | 1 tsp. nutmeg |
| | 1 tsp. cloves |

Combine all ingredients in a large saucepan. Cook slowly, stirring often, until tender and slightly thickened—35 to 40 minutes. Fill pint or quart jars with hot mixture, leaving 1/2-inch headspace. Process in boiling water canner for 15 minutes. Makes about 7 quarts.

HOW TO FREEZE TOMATOES

Canning is the method of choice for preserving tomatoes, if that is not an option, then use the following methods to freeze.

Whole tomatoes: Lay whole washed tomatoes in a single layer on a pan in the freezer. When tomatoes are solid, package in large bag, removing single tomatoes as needed. Core and peel while thawing. Whole tomatoes will last about 3 months in the freezer.

Stewed tomatoes: Wash, scald 2 minutes to loosen skins, peel and core. Simmer 10-20 minutes until tomatoes are tender. Cool and package in rigid containers, leaving 1-inch headspace.²

Tomato Juice: Wash, core and cut into pieces. Heat to boiling and strain. Cool and package, leaving 1-inch headspace.²

But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

John 4:14

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TURNIPS AND RUTABAGAS—SOUPS

TURNIP SOUP

- | | |
|-------------------------|-----------------|
| 2 c. grated turnips | 1 tsp. salt |
| 2 T. butter | 1 qt. milk |
| 1 onion, finely chopped | chopped parsley |
| 2 T. flour | |

Cook turnips in water until tender. Meanwhile, heat butter and sauté onions 5 minutes. Blend in flour and salt then slowly add milk, stirring constantly until mixture boils. Add cooked turnips.

TURNIP VEGETABLE SOUP

- | | |
|--------------------------------------|---------------------------------------------------------|
| 4 white turnips, peeled and grated | 2 tsp. basil |
| 1 medium rutabaga, peeled and grated | chicken broth or water to cover vegetables (about 4 c.) |
| 2 carrots, scraped and diced | 2-3 dashes hot sauce |
| 2 onions, finely chopped | salt to taste |
| 4 large cloves garlic, minced | 1/2 tsp. pepper |
| 1/2 c. fresh parsley, chopped | 1 tsp. dill weed |
| 1/2 c. uncooked barley | |

Place turnips, rutabaga, carrots and onions in a large soup kettle. Add garlic, parsley, barley and basil. Just barely cover with broth or water. Bring to a boil. Lower heat and simmer, covered, for about 1 hour. Stir in hot sauce, salt, pepper and dill just before serving.

RUTABAGA SOUP

- | | |
|-----------------------------|--------------------------------|
| 2 T. butter | 4 c. chicken broth or bouillon |
| 1 c. chopped onion | salt and pepper to taste |
| 4 c. finely diced rutabagas | 1 c. cream |

Heat butter in a large kettle. Sauté onion 5 minutes. Add rutabagas, broth, salt and pepper. Simmer until rutabagas are tender, about 15 minutes. Add cream and heat through.

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BAKED STUFFED TURNIPS

- | | |
|--------------------|------------------|
| 4 medium tomatoes | 1 tsp. salt |
| 2 T. uncooked rice | 1/4 tsp. pepper |
| 2 c. water | 4 medium turnips |
| 1 T. butter | |

Chop the tomatoes and add rice, water, butter, salt and pepper. Cook until the rice is soft. Scoop out the centers of the turnips, leaving a shell 1/2-inch thick. Chop turnip centers and add to tomato mixture. Fill centers of turnips. Sprinkle with bread crumbs if desired. Place in a buttered baking dish and add 1/2 c. water. Bake at 350° for 1 hour.

TURNIP SOUFFLÉ

- | | |
|----------------------|---------------------------|
| 6 medium turnips | 2 egg yolks, well beaten |
| 2 T. butter | 1/2 tsp. salt |
| 1/2 c. milk | 1/8 tsp. pepper |
| 1/2 c. grated cheese | 2 egg whites, well beaten |

Cook turnips until tender. Drain and mash. Add butter, milk, cheese, egg yolks, salt and pepper. Fold in stiffly beaten egg whites. Pile lightly into a well oiled baking dish. Set in a pan of warm water. Bake at 375° until a knife inserted into the center comes out clean.

IRISH STEW WITH TURNIPS

- | | |
|----------------------------------|----------------------|
| 3 lb. lamb cut into small pieces | 3/4 c. diced turnips |
| water to cover meat | 3 c. cubed potatoes |
| 4 allspice berries | 1/2 c. sliced onion |
| 2 T. minced parsley | salt and pepper |
| 1 c. sliced carrots | |

Place meat in a large kettle. Add water to cover, allspice and parsley. Cover; simmer 2 hours. Add vegetables, salt and pepper. Cover; cook 35-40 minutes longer. Thicken gravy if desired. Drop dumplings may be added 15 minutes before cooking is completed.

HOW TO COOK RUTABAGAS

Bring 1-inch of water to a boil. Add 4 c. sliced rutabagas and 1/2-1 tsp. salt. Return to a boil; reduce heat and simmer, covered, 10-20 minutes or until fork tender.

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GREEN TOMATO HOT DOG RELISH

- | | |
|-----------------------------------------|-------------------------------|
| 2 qt. green tomatoes, chopped or ground | 3 carrots, peeled and ground |
| 2 qt. cucumbers, chopped or ground | 1/2 c. salt |
| 1 qt. onions, chopped | 2 T. mixed pickling spice |
| 3 red sweet peppers, chopped | 1/2 tsp. cayenne (red) pepper |
| | 1 1/2 c. vinegar |
| | 3 c. sugar |

Chop or grind vegetables; place in a large bowl. Sprinkle with salt and allow to stand overnight in refrigerator or for 6 to 8 hours. Drain thoroughly. Tie spices in a spice bag. Place vinegar and sugar in a large kettle and add the spice bag. Bring to a boil and then add vegetables. Simmer 15-20 minutes, or until vegetables are partially cooked. Pack hot mixture into clean, hot pint canning jars. Cover vegetables with vinegar solution, leaving 1/2-inch headspace. Process in boiling water bath for 10 minutes.

DILLED GREEN TOMATO PICKLES

- | | |
|----------------------------------|-------------------------------|
| 1 gal. small firm green tomatoes | dill |
| 5-6 ribs celery | 1 qt. vinegar |
| 5-6 green sweet peppers | 2 qt. water |
| garlic | 1 c. pickling or canning salt |

Pack green tomatoes into clean, hot jars. To each quart add a rib of celery and 1 green pepper, seeded and cut in quarters. Add 1 head of dill and 1 or 2 cloves garlic. Combine vinegar, water and salt. Bring to a boil and pour over the vegetables, leaving 1/2-inch headspace. Adjust lids. Process in a boiling water canner for 15 minutes. Allow to stand 4-6 weeks before using in order to develop flavor. Note: this amount of liquid will fill approximately 6 quarts.

MOCK BERRY JAM WITH RIPE TOMATOES

- | | |
|--------------------|--------------------------|
| 4 c. ripe tomatoes | 1 T. lemon juice |
| 3 c. sugar | 6 oz. strawberry gelatin |

Put tomatoes in the blender then in a saucepan with sugar and lemon juice. Boil 15 minutes. Add gelatin. Boil 5 minutes. Pour into hot jars. Process in a boiling water canner for 10 minutes.

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CURRIED TURNIPS

- | | |
|-------------------------------|-------------------------------------------------------|
| 3 T. butter | 1/2 tsp. pepper |
| 1 medium onion, thinly sliced | 3 T. yogurt |
| 1 tsp. thyme | 2 lb. white turnips, peeled and cut into 1-inch cubes |
| 1 tsp. marjoram | 1 tsp. curry powder |
| 1/2 tsp. ginger | |
| 1 tsp. salt | |

Heat the butter in a large deep skillet. Add onion, thyme and marjoram. Cook, stirring constantly, until onion is soft and golden. Add ginger, salt and pepper. Cook over medium heat, stirring constantly, for 3 minutes. Stir in yogurt and cook 3 minutes more. Add the turnips and cook, uncovered, for 5 minutes. Lower heat. Simmer, covered, for about 10 minutes, stirring occasionally. Check for moisture; if necessary, add a little hot water to prevent scorching, a T. at a time—the curry should be dry. When turnips are almost tender, stir in the curry powder. Cook for 10 minutes more. Serve with roast pork or ham.

TURNIPS WITH ONIONS

- | | |
|------------------------------------------------------|-------------------|
| 5 medium turnips, peeled and cut into 1/2-inch cubes | 3/4 tsp. marjoram |
| 2 T. butter | 1/2 tsp. salt |
| 1 medium onion, chopped | 1/8 tsp. pepper |

Cook turnips 15-20 minutes or until fork tender. Drain. In same saucepan, melt butter. Add onion and cook until tender. Stir in remaining ingredients. Cook approximately 5 minutes, stirring often. Turnips should be golden brown.

CHEESY TURNIPS AND CARROTS

- | | |
|----------------------------|------------------------------|
| 3 c. diced, peeled turnips | 1/2 c. diced celery |
| 2 c. sliced carrots | 3 T. butter |
| 1/4 tsp. ginger | 3 T. flour |
| 3/4 c. water | 1/4 tsp. pepper |
| 1 tsp. salt, divided | 1 1/2 c. milk |
| 1/2 c. chopped onion | 1 c. shredded cheddar cheese |

In a saucepan, combine turnips, carrots, ginger, water and 1/2 tsp. salt. Cover and cook for 10-15 minutes or until vegetables are tender; drain and reserve liquid. Set vegetables aside. In a skillet, sauté onion and celery in butter until tender; stir in flour, pepper and remaining salt. Add milk and vegetable liquid; bring to a boil. Cook and stir until thickened and bubbly. Stir in cheese until melted; stir in the vegetables and heat through.

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SPAGHETTI SAUCE

- | | |
|----------------------------------------------------|---------------------|
| 10 qt. tomatoes, peeled and chopped (about 30 lb.) | 4 T. salt |
| 1 c. onions (chopped) | 1/4 c. sugar |
| 1 c. green sweet peppers, chopped | 1 T. basil, crushed |
| 2-4 cloves garlic, minced | 1 T. oregano |

Combine all ingredients in a large kettle. Heat rapidly to simmering and simmer until thickened, about 1 1/2 hours. Stir frequently to prevent sticking. Pour boiling sauce into canning jars, leaving 1-inch headspace. Adjust lids. Process in a pressure canner at 15 lb. of pressure, 25 minutes for quarts, 20 minutes for pints. Add browned ground beef, if desired, when the canned spaghetti sauce is reheated for serving.

SPAGHETTI SAUCE WITH BEEF

- | | |
|------------------------------------|-----------------------------------|
| 5 lb. lean ground beef | 1/4 c. parsley chopped (optional) |
| 1 onion, chopped | 2 cloves garlic, minced |
| 6 qt. tomatoes, peeled and chopped | 1 1/2 T. salt |
| 2 c. green sweet peppers, chopped | 1 T. sugar |
| | 1 T. sweet basil |

Brown beef and onions; pour off excess fat. Add remaining ingredients, heat rapidly to simmering and simmer until thickened, about 1 hour. Stir frequently. Bring to boil and fill jars, leaving 1-inch headspace. Process in a pressure canner at 15 lb. of pressure, 75 minutes for pints; 90 minutes for quarts. Makes 6-7 pints.

CHILI WITH BEEF AND TOMATOES

- | | |
|----------------------------------|-----------------------------------|
| 3 c. dried pinto or kidney beans | 1 c. chopped sweet or hot peppers |
| 9 c. water | 1 tsp. black pepper |
| 5 tsp. salt | 1/4 c. chili powder |
| 3 lb. ground beef | 4 c. crushed tomatoes |
| 1 1/2 c. chopped onions | |

Wash beans, add water and 2 tsp. salt. Boil 2 minutes, soak 1 hour and drain. Brown ground beef, onions and peppers. Drain off excess fat. Add all other ingredients and simmer 5 minutes. Do not thicken. Fill pint jars, leaving 1-inch headspace. Process in a pressure canner for 75 minutes at 15 lb. of pressure. Do not use quarts. For elevations greater than 2000 feet above sea level check with local extension for process time and pressure. Makes 9 pints.

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TURNIPS AND RUTABAGAS—SALADS

TURNIP SLAW

- | | |
|-------------------|-------------|
| 6 medium turnips | 2 T. sugar |
| 2/3 c. sour cream | 1 tsp. salt |
| 2 T. vinegar | |

Peel and grate turnips. Combine remaining ingredients to make a dressing. Pour over turnips and mix well.

TURNIP CARROT CABBAGE SALAD

- | | |
|-----------------------|--------------------------|
| 1 c. shredded turnips | salt and pepper to taste |
| 1 c. shredded cabbage | French dressing |
| 1 c. shredded carrots | |

Combine vegetables; season to taste. Serve with French dressing.

Variation: Use shredded beets instead of cabbage.

APPLE RUTABAGA SALAD

- | | |
|-------------------|---------------------------------------------|
| 1/4 c. mayonnaise | 1/4 c. chopped peanuts |
| 1 T. lemon juice | 1/2 c. pared, coarsely grated, raw rutabaga |
| 1 tsp. sugar | 1 c. shredded cabbage |
| 1/8 tsp. salt | 1 c. diced, peeled red apples |
| 1/4 c. raisins | |

In a large bowl, combine and mix mayonnaise, lemon juice, sugar and salt. Add remaining ingredients and mix well.

TURNIPS AND RUTABAGAS—SIDE AND MAIN DISHES

HOW TO COOK TURNIPS

Bring 1-inch of water to a boil. Add 3-4 c. cubed turnips and 1/2-1 tsp. salt or to taste. Return to a boil, reduce heat and simmer 10-15 minutes. Cook small whole turnips approximately 20 minutes. Serve plain, buttered or with white or cheese sauce.

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ENDNOTES

¹ Mennes, Mary E.: Canning Vegetables Safely. Madison: Cooperative Extension Publications, University of Wisconsin-Extension, 1995. Taken from the chart on pages 8-12. Used with permission.

Note: Process times and canner pressure settings listed under this footnote are currently accepted standards and not exclusively from the listed source.

All recommendations for adding salt under this footnote should read as follows: Add 1/2 teaspoon salt to pints and 1 teaspoon to quarts. Iodized or plain table salt may be used. If desired, salt may be reduced or eliminated from canned vegetables.

² Mennes, Mary E.: Freezing Fruits and Vegetables. Madison: Cooperative Extension Publications, University of Wisconsin-Extension. 1991. Information taken from pages 5-15. Used with permission.

³ Mennes, Mary E.: How to Make Your Own Sauerkraut. Madison: Cooperative Extension Publications, University of Wisconsin-Madison. 1994. Steps 1-6 pages 2-4; canning and freezing information pages 5 & 6. Used with permission.

⁴ Mennes, Mary E.: Canning Fruits Safely. Madison: Cooperative Extension Publications, University of Wisconsin-Extension, 1996. Chart page 4, Proportions for Syrups and chart pages 6-8. Used with permission.

⁵ Mennes, Mary E.: Tomatoes Tart and Tasty. Madison: Cooperative Extension Publications, University of Wisconsin-Extension, 1993. From page 3, 7 & 8. Used with permission.

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