

# Chili Sauce

*Anthony Stingo*  
*cooking for your health:*

**Servings: 10**

**Yield: 4 ounces**

*2 pounds tomato, peeled and chopped*

*1 cup onions, diced small*

*3/4 cup green peppers, diced small*

*3/8 cup white wine vinegar*

*1/2 teaspoon garlic bulb, diced fine*

*3/8 cup brown sugar*

*3/8 cup red bell pepper, diced fine*

*1/4 tablespoon kosher salt*

*1/4 teaspoon cinnamon stick*

*3/8 teaspoon whole cloves*

*Good to use into marinates for beef or  
pork*

**low salt - 4**

**Preparation Time: 45 minutes**

after all items are cut, mix into a s/s bowl and  
set up into the jars for canning process.

Can for about 30 minutes then take out of hot  
bath and set aside, to cool.

Once cooled tighten lids and store away for  
another day !

*Fresh tomatoes used in Marinates*

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Per Serving (excluding unknown  
items): 50 Calories; trace Fat (5.5%  
calories from fat); 1g Protein; 12g  
Carbohydrate; 2g Dietary Fiber;  
0mg Cholesterol; 152mg Sodium.  
Exchanges: 0 Grain(Starch); 1  
Vegetable; 0 Fat; 1/2 Other  
Carbohydrates.