

PICKLED OKRA & VEGETABLES

Makes 7 Quarts

- 🍴 5 cups 1-inch chopped carrots (about 2 lbs)
- 🍴 7 cups 1-inch chopped okra (about 2 ½ lbs raw pack)
- 🍴 7 cups 1-inch chopped cauliflower florets (about 2 small heads)
- 🍴 9 cups diced red & yellow bell peppers (about 7 peppers)
- 🍴 11 cups Mrs. Wages® White Distilled Vinegar (5% acidity)
- 🍴 2 ⅓ cups sugar
- 🍴 3 cups water
- 🍴 1 pouch Mrs. Wages® Pickled Okra & Vegetables Mix

PREPARE & PROCESS home canning jars and lids according to manufacturer's instructions for sterilized jars. Keep jars hot.

WASH and trim vegetables. Set aside in a large bowl.

COMBINE Mrs. Wages® White Distilled Vinegar, sugar, water and Mrs. Wages® Pickled Okra & Vegetables Mix in a large non-reactive saucepan. Do not use aluminum. Bring mixture just to boil over medium heat, stirring constantly until mixture dissolves. Remove from heat.

Pack vegetables into sterilized hot jars, leaving ½-inch headspace. Evenly divide hot pickling liquid among the packed jars, leaving ½-inch headspace. Unused brine may be stored in a non-reactive container up to 1 week in refrigerator. Remove air bubbles, wipe rim and cap each jar as it is filled. If more liquid is needed for proper headspace, add a mix of 3 parts hot vinegar and 1 part hot water.

Process pints 10 minutes*, quarts 15 minutes*, in a boiling water bath canner. Turn off heat, carefully remove canner lid, and let jars stand for 5 minutes in canner. Remove jars. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours. Test jars for airtight seals according to manufacturer's directions. If jars do not completely seal, refrigerate and consume within 1 week.

Product is ready to eat after 24 hours. Before serving, chill to enhance flavor and crispness. Store properly processed shelf-stable product in a cool place, and use within 1 year.

* Processing time listed is for altitudes less than 1000 feet. At altitudes of 1000 feet or more, increase processing time 1 minute for each 1000 feet of altitude.