

Fabulous Food

Easy Home Canning Ideas

(NAPSA)—Home canning is growing fast in popularity—and for very good reasons.

It's a practical and enjoyable way to preserve garden produce at its finest. Whether growing in your own garden or purchasing from a farmer's market, any vegetable and fruit can be canned and its goodness and flavor saved and enjoyed throughout the year.

What's more, home canning is wholesome. You know what's in each jar.

It's also a home craft families have enjoyed for generations and the results are something everyone can appreciate.

To help, Mrs. Wages, America's premier provider of all-natural canning mixes and pickling and fruit preservation products, makes it easy to create and preserve great food with your own special homemade taste so you can create your own fresh food traditions.

For example, tomatoes are easy to preserve and there are a variety of delicious Mrs. Wages salsa, pasta sauce, ketchup and chili mixes that only require fresh tomatoes, seasoning mixes and either vinegar or sugar.

Try this simple salsa recipe that features onion, garlic, green bell and chili pepper flavors. You just add your tomatoes and the vinegar.

Easy Homemade Salsa

Approximately 6 lbs. fresh tomatoes

1 pouch Mrs. Wages Salsa Mix

½ cup distilled white vinegar

Wash tomatoes. Scald 3 minutes in boiling water. Dip into cold water. Cut out cores.



Home canning is a satisfying craft families have enjoyed for generations—with results, such as salsa, everyone can enjoy.

Remove skins. Chop tomatoes coarsely. If fresh tomatoes are not available, use home-canned or commercially canned tomatoes. Drain liquid off. You will need 5 pints of tomatoes chopped into coarse pieces. Measure 5 pints of chopped tomatoes into a 5-quart saucepan. Add Salsa Mix and ½ cup vinegar. Bring to a boil, stirring occasionally. Reduce heat and simmer 10 minutes. Stir occasionally. Salsa is ready to serve, can or freeze.

For more recipes and simple canning instructions, order the Mrs. Wages® Home Canning Guide. It provides step-by-step instructions for preserving your favorite garden produce and features more than 120 tested recipes for old-time favorites such as crunchy pickles, salsa and pizza sauces, relishes and strawberry jam, plus updated versions of these classics with recipes for low-sugar and sugar-free preserves.

Order the guide and find tips, recipes and a variety of mixes at www.mrs wages.com or call (800) 647-8170.