

Ingredients

3 lbs cauliflower
3 lbs mushrooms (or 5 tins of 284ml mushrooms)
2 lbs pickling onions (or 3 jars 300ml pickled onions)
2 lbs cucumbers (or 2 jars 1L dill pickles)
2 lbs green beans (or 4 tins 398ml green beans)
2 lbs red peppers
2 lbs green peppers
5 tins (170g) tuna
2 tins (50g) anchovies
2 bottles (1l) tomato ketchup
5 tins (398ml) ripe olives
5 jars (375ml) stuffed olives
3/4 cup olive oil
3/4 cup vinegar

Preparation

Boil cauliflower for 3 minutes, drain and set aside. Boil green beans until tender. Peel onions. Cut cucumbers into slices. Slice red and green peppers. Set all vegetables aside.

In a large pot, fry sliced mushrooms in the olive oil, add ketchup, green and red peppers and simmer for 10-15 minutes. Add vinegar and cook for 10 minutes longer. Add all remaining vegetables, olives, tuna and anchovies, simmer for another 10 minutes.

Put into sterilized pint jars and simmer in canning bath for 15 minutes.

Makes approximately 20 pints.