

Sweet and Sour Chicken By Diane Thorn on Monday, August 26, 2013 at 10:29pm

4-5 pound Chicken (save the carcass for making broth) Skinned and cut up into bite size pieces

2 large green peppers chopped

1 large red pepper chopped

1 large onion chopped

3 20 ounce cans of chunk pineapple save the juice!

3/4 cup brown sugar

1 1/4 cup white vinegar

6 tablespoons of soy sauce

4 tablespoons catsup

1 teaspoon ginger

Layer raw chicken, onions, peppers and pineapple in jars. Heat brown sugar, vinegar, soy sauce, catsup, ginger and three cups of pineapple juice (add water to make three cups if not enough from cans) bring to a light boil. Pour liquid over solids in jars to one inch head space. Pressure can for 75 minutes for pints and 90 minutes for quarts at 10 pounds pressure. When getting ready to serve warm with a little corn starch to thicken. Makes about 7 pints.