

## Garlic Vinegar

From SOAR—the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>)

Yield: 4 8-ounce bottles

### Ingredients:

6 cloves garlic  
1 quart red wine or cider vinegar

### Procedure:

Peel, then crush the garlic cloves and place into a quart canning jar. Heat vinegar to boiling, then pour into the jar. Cover and store in a cool place – out of the sunlight – for 24 hours. Shake occasionally. Strain into decorative bottles and stop with a cork.

about  
2 calories  
per  
tablespoon

**All types of vinegar are very low in calories and contain minerals and various trace elements, depending on the original source.**



Garlic Vinegar