

Escabeche - Mexican Pickled Vegetables

Yield: 3 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-mexican-fermented-vegetables-recipe>

Ingredients:

- 1 1/2 cups white vinegar
- 1 1/2 cups water
- 1/4 cup sugar
- 1 teaspoon salt
- 2 large carrots cut on the diagonal, about 1/4"
- 3 jalapeños large, cut off the small end of the jalapeno, then prick several times with tip of a knife
- 1/2 white onion sliced in half lengthwise, pole to pole so you have two quarters of the onion then across in 1/4" slices
- 1/2 bell pepper sliced then cut into pieces about 1 1/2" long
- 3 cloves garlic peeled and halved lengthwise if large
- 8 black peppercorns
- 1/2 teaspoon marjoram or 1/2 teaspoon Mexican oregano

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 26 grams
3. Fiber: 3 grams
4. Protein: 1 grams
5. Sodium: 830 milligrams
6. Sugar: 21 grams

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