

Salsa

Makes 30 cups

Ingredients

- 10 lbs of roma tomatoes- diced
- 6 medium onions- diced
- 3 cups of bell peppers- diced
- 12 Jalepeno Peppers-seeded; chopped
- 5 chili peppers - chopped
- 10 garlic cloves
- 1½ cups of vinegar - white
- ½ cup of cilantro
- ¼ cup of sea salt
- 1½ tsp of pepper - black
- 1½ tsp of pepper- mexican
- ¼ cup of sugar- white
- ¼ cup of sugar- brown
- 2 tbsp of lime juice
- 3 cans of tomato paste
- 1 tsp of cumin

Directions

REDUCE & SIMMER

⌘ Set aside peppers, onion and tomato paste.

⌘ In a large pot, combine remaining ingredients and bring to boil.

⌘ Reduce heat and simmer for approx. 30 minutes, stirring occasionally.

REDUCE & SIMMER

⌘ Add peppers and onions, simmer for 10 minutes.

⌘ Then add tomato paste, 1 can at a time until mixture is thick.

⌘ Simmer 20 minutes, stirring occasionally.

CAN

⌘ Spoon into hot jars, cap and process for 15 minutes in boiling water.

⌘ Let cool. Enjoy!

Nutrients (approximately)

52 Calories per cup,

Fat 0.1g, Saturated Fat 0g, Sodium 0mg,

Carbohydrates 12.5g, Fiber 2.4, Sugars 8.7, Protein 1.4g



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