

Sides / Snack

Tomato Salsa

Serves 6 , 1/3cup per serving

Prep time: 15 minutes ▪ Cook time: 15 minutes



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FOOD BANK FOR SOUTHERN COLORADO



Nutrition Facts

Serving Size 1/3 cup (87g)
Servings per Recipe 6

Amount Per Serving

Calories 20 Calories from Fat 0

Total Fat 0g % Daily Value*

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 1g

Vitamin A 6% • Vitamin C 20%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS

- 2 medium jalapeno peppers
- 1/2 medium red onion
- 2 cloves garlic
- 1 Tbsp cider vinegar
- 1 (14½ oz) can diced tomatoes – no salt added

Optional Ingredients

- 1/4 cup fresh cilantro leaves

DIRECTIONS

1. Rinse peppers. Remove seeds and mince.
2. Peel onion and garlic. Rinse onion and dice. Mince garlic.
3. If using, rinse and chop cilantro leaves.
4. In a medium pot, add peppers, garlic, onions, cider vinegar, and canned tomatoes. Heat mixture over medium heat for 15 minutes. Stir occasionally.
5. Chill before serving. If using, add cilantro to chilled salsa.

CHEF'S NOTES

- When in season, use 3 medium or 2 large fresh tomatoes instead of canned.
- Use any kind of onion or hot pepper you like.
- Make a larger batch and freeze some for another time.
- Use juice from half a lime in place of cider vinegar.

RECIPE BY:
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