

Tomato/Green Chile Salsa

Yield: 3 pints

Ingredients:

3 cups peeled, cored, chopped tomatoes
3 cups seeded, chopped long green chiles
¾ cup chopped onions
1 jalapeno pepper, seeded and finely chopped
6 cloves garlic, finely chopped
1½ cups vinegar, white or cider
½ teaspoon ground cumin*
2 teaspoons oregano leaves*
1½ teaspoons table salt

*optional—spice amounts may be adjusted but do not make other adjustments to this recipe.

Procedure:

Wash tomatoes, dip in boiling water for 30 to 60 seconds or until skins split and then dip into cold water. Slip off skins, remove cores and chop. Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally. Ladle into hot pint jars, leaving ½-inch headspace. Adjust lids and process in a boiling water canner for 15 to 20 minutes, depending upon altitude (15 minutes at 1,000 feet or lower and 20 minutes for higher elevations). Caution: Wear rubber gloves while handling chiles or wash hands thoroughly with soap and water before touching your face.

20 calories
and 0 grams
of fat per
1/4-cup serving

To keep your snacks slim, pair this salsa with baked chips instead of fried.

NDSU Agriculture Communication



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