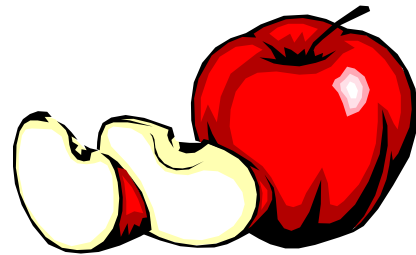


SALSA RECIPES FOR CANNING

Peach Apple Salsa

6 cups (2 $\frac{1}{4}$ pounds) chopped Roma tomatoes (about 3 pounds tomatoes as purchased)
2 $\frac{1}{2}$ cups diced yellow onions (about 1 pound or 2 large as purchased)
2 cups chopped green bell peppers (about 1 $\frac{1}{2}$ large peppers as purchased)
10 cups (3 $\frac{1}{2}$ pounds) chopped hard, unripe peaches (about 9 medium peaches or 4 $\frac{1}{2}$ Pounds as purchased peaches)
2 cups chopped Granny Smith apples (about 2 large apples as purchased)
4 tablespoons mixed pickling spice
1 tablespoon canning salt
2 teaspoons crushed red pepper flakes
3 $\frac{3}{4}$ cups (1 $\frac{1}{4}$ pound) packed light brown sugar
2 $\frac{1}{4}$ cups cider vinegar (5%)



Yield: About 7 pint jars

Procedure:

Wash and rinse pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Place pickling spice on a clean, double-layered, 6-inch-square piece of 100% cheesecloth. Bring corners together and tie with a clean string. (Or use a purchased muslin spice bag).

Wash and peel tomatoes (place washed tomatoes in boiling water for 1 minute, immediately place in cold water, and slip off skins). Chop into $\frac{1}{2}$ -inch pieces. Peel, wash and dice onions into $\frac{1}{4}$ -inch pieces. Wash, core, and seed bell peppers; chop into $\frac{1}{4}$ -inch pieces. Combine chopped tomatoes, onions and peppers in an 8- or 10- quart Dutch oven or saucepot.

Wash, peel and pit peaches; cut into halves and soak for 10 minutes in an ascorbic acid solution (1500 mg in half gallon water). Wash, peel and core apples; cut into halves and soak for 10 minutes in ascorbic acid solution. Quickly chop peaches and apples into $\frac{1}{2}$ -inch cubes to prevent browning. Add chopped peaches and apples to the saucepot with the vegetables.

Add the pickling spice bag to the saucepot; stir in the salt, red pepper flakes, brown sugar and vinegar. Bring to boiling, stirring gently to mix ingredients. Reduce heat and simmer 30 minutes, stirring occasionally. Remove spice bag from pan and discard.

With a slotted spoon, fill salsa solids into hot, clean pint jars, leaving 1¼-inch headspace (about ¾ pound solids in each jar). Cover with cooking liquid, leaving ½-inch headspace.

Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations in Table 1. Let cool, undisturbed, 12 to 24 hours and check for seals.

Serving Suggestion: Serve as a side with or spooned on top of grilled pork chops or any grilled meat.

Table 1. Recommended process time for Peach-Apple Salsa in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

Developed at The University of Georgia, Athens, for the National Center for Home Food Preservation. Released by Elizabeth L. Address, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. August 2003.

Nutrition Facts	
Serving Size 2 tbsp (46g)	
Servings Per Container 16	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber less than 1g	2%
Sugars 7g	
Protein 0g	
Vitamin A 4%	Vitamin C 8%
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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Mango Salsa

6 cups diced unripe mango (about 3 to 4 large, hard green mangoes)
1½ cups diced red bell pepper
½ cup finely chopped yellow onion
½ teaspoon crushed red pepper flakes
2 teaspoons finely chopped garlic
2 teaspoons finely chopped ginger
1 cup light brown sugar
1¼ cups cider vinegar (5%)
½ cup water

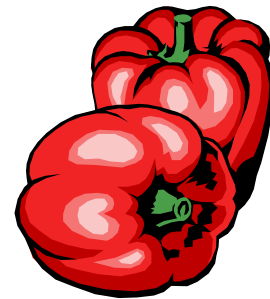
Caution: Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.

Yield: About 6 half-pint jars

Procedure:

Wash and rinse half-pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Wash all produce well. Peel and chop mango into ½-inch cubes. Dice bell pepper into ½-inch pieces. Finely chop yellow onions.



Combine all ingredients in an 8-quart Dutch oven or stockpot. Bring to a boil over high heat, stirring to dissolve sugar. Reduce to simmering, and simmer 5 minutes.

Fill hot solids into clean, hot half-pint jars, leaving ½-inch headspace. Cover with hot liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations in Table 1. Let cool, undisturbed, for 12 to 24 hours and check for seals.

Table 1. Recommended process time for Mango Salsa in a boiling-water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints	10 min	15	20

Developed at The University of Georgia, Athens, for the National Center for Home Food Preservation. Released by Elizabeth L. Address, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. October 2003.

Nutrition Facts	
Serving Size 2 tbsp (37g)	
Servings Per Container 8	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 0g	
Vitamin A 6%	• Vitamin C 20%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Fresh Vegetable Salsa

As an option, increase the heat in this recipe by leaving in the hot pepper seeds.

Makes about 10 ½-pint jars or 5 pint jars

7 cups chopped cored peeled tomatoes
2 cups coarsely chopped onion
1 cup coarsely chopped green bell pepper
8 each jalapeno peppers, seeded and finely chopped
3 cloves garlic, finely chopped
1 can (5.5 ounce) tomato paste
¾ cup white vinegar (5% acidity)
½ cup loosely packed finely chopped cilantro
½ teaspoon ground cumin

In a large stainless steel saucepan, combine tomatoes, onions, green pepper, jalapeno peppers, garlic, tomato paste, vinegar, cilantro and cumin. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until thickened, about 30 minutes.

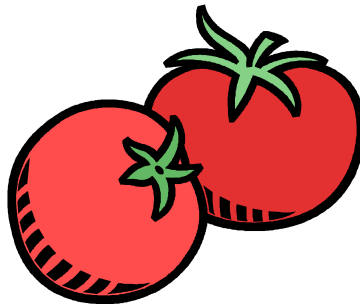
Meanwhile, prepare boiling water canner, jars and lids.

Ladle hot salsa into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rim. Center lid on jar. Screw band down until finger-tight.

Place jars in canner, and cover completely with water. Bring to a boil and process both ½-pint and pint jars for 20 minutes. For elevation above 1,000 feet, add 5 minutes. Remove canner lid. Wait five minutes, then remove jars, cool completely and store.

Source: Ball® Complete Book of Home Preserving

Nutrition Facts	
Serving Size 2 tbsp (28g)	
Servings Per Container 16 per pint	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 4%	• Vitamin C 8%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

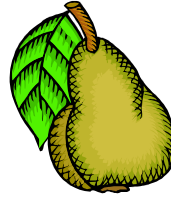


Summer Salsa

In this recipe, after chopping tomatoes, place them in a colander to drain off excess liquid. Then measure the 4 cups needed for this recipe. For the jalapeno peppers, use 4 for more heat or 3 for less heat.

Makes about 12 ½-pint jars or 6 pint jars

- 4 cups tomatoes, chopped, cored and peeled
- 2 cups peaches, peeled, pitted and chopped
- 2 cups pears, peeled, cored and chopped
- 1 red bell pepper, seeded and finely chopped
- 1 cup chopped red onion
- 3-4 jalapeno peppers, seeded and finely chopped
- ½ cup loosely packed finely chopped cilantro
- ½ cup liquid honey
- Grated zest and juice of 1 lemon
- ¼ cup balsamic vinegar
- 1 tablespoon finely chopped fresh mint



Nutrition Facts	
Serving Size 2 tbsp (21g)	
Servings Per Container 16 per pint	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	
Vitamin A 2%	Vitamin C 6%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Prepare boiling water canner, jars and lids.

In a large stainless steel saucepan, combine tomatoes, peaches, pears, red pepper, onion and jalapeno peppers. Bring to a boil over medium-high heat, stirring constantly. Add cilantro, honey, lemon zest and juice, vinegar and mint. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 5 minutes.

Ladle hot salsa into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rim. Center lid on jar. Screw band down until fingertip-tight.

Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process ½-pint jars for 15 minutes, pint jars for 20 minutes. For elevation above 1,000 feet, add 5 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool completely and store.

Source: Ball® Complete Book of Home Preserving

Quick party dip idea!

Combine 1 ½ cups of your favorite salsa with 16 ounces of softened cream cheese or cubed processed cheese or a combination of both. Heat in the microwave for 5 minutes, stirring well after 3 minutes. Serve hot with tortilla chips, crackers or chunks of thick-crusted bread. Reduce the fat by using low- or no-fat cream cheese.

Peach Salsa

This salsa is tasty on ice cream! Or be daring and try it with graham crackers, pancakes or waffles, or rolled up in a crepe with a dollop of whipped cream.

Makes about 8 ½-pint jars

½ cup white vinegar (5% acidity)
 6 cups peaches, peeled, pitted and chopped
 1 ¼ cups chopped red onion
 5 jalapeno peppers, finely chopped
 1 red bell pepper, seeded and chopped
 ½ cup loosely packed finely chopped cilantro
 2 tablespoons liquid honey
 1 clove garlic, finely chopped
 1 ½ teaspoons ground cumin
 ½ teaspoon cayenne pepper

Prepare boiling water canner, jars and lids.

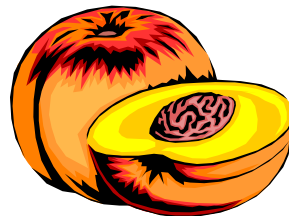
In a large stainless steel saucepan, combine vinegar and peaches. Add onion, jalapeno peppers, red pepper, cilantro, honey, garlic, cumin and cayenne. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 5 minutes. Remove from heat.

Ladle hot salsa into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rim. Center lid on jar. Screw band down until fingertip-tight.

Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 15 minutes. For elevation above 1,000 feet, add 5 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool completely and store.

Source: Ball® Complete Book of Home Preserving

Variation: To change the flavor, replace 1 cup of the peaches with 1 cup chopped pitted peeled apricots.



Nutrition Facts	
Serving Size 2 tbsp (20g)	
Servings Per Container 8 pe half pint	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 2%	Vitamin C 6%
Calcium 0%	Iron 0%
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Calories per gram:	
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April 2007



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