## **Tomato: Preserve It**



## Green Tomato Salsa Verde

Yield: about 6 half-pints or 3 quarts

7 cups chopped cored peeled green tomatoes (about 12 medium)

5 to 10 jalapeño, Habañero or Scotch bonnet peppers, seeded and finely chopped

2 cups chopped red onion (about 2 large)

2 cloves garlic, finely chopped

1/2 cup lime or lemon juice (5%)

1/2 cup loosely packed finely chopped cilantro

2 teaspoons ground cumin

1 teaspoon dried oregano

1 teaspoon salt

1 teaspoon freshly ground black pepper

Caution: Wear Plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

- 1. Combine tomatoes, peppers, onion, garlic and lime juice in a large saucepan. Bring to a boil. Stir in cilantro, cumin, oregano, salt and pepper. Reduce heat and simmer 5 minutes.
- 2. Ladle hot salsa into hot jars leaving 1/2-inch headspace. Remove air bubbles; adjust headspace if necessary by adding hot salsa. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
- 3. Process in a boiling water or steam canner for 20 minutes at 0-1,000 feet elevation, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001-6,000 feet, 35 minutes at 6,001-8,000 feet, and 40 minutes at 8,001-10,000 feet.

Quick Tip: Use from 5 to 10 hot peppers to reach the level of heat you desire.

Source: adapted from www.freshpreserving.com, 2018

File: 3-0009