

Homemade Salsa

This recipe makes about 5 cups



Ingredients

10 roma tomatoes or 5-6 medium tomatoes

½ cup of fresh cilantro

3 jalapeños

1 large onion

4 cloves of garlic

salt to taste

Directions:

1. Turn on the oven and set to broil
2. Slice the onions into rings (no need to dice them)
3. Peel the garlic and leave it whole
4. Remove the stem from the tomatoes before cutting them in half
5. Arrange the whole jalapeños, sliced onions, peeled garlic, and halved tomatoes on a baking sheet
6. Place the vegetables under the broiler and cook until well-charred, flipping them occasionally to ensure even roasting. I like them blackened on all sides.
7. Remove the baking sheet from the oven and let the vegetables cool slightly.
8. Cut off the stems of the jalapeños and slice them in half. Remove the seeds and set them aside to control the heat level later
9. Transfer the roasted vegetables into a food processor or blender and add the cilantro
10. Blend until smooth or to your preferred texture
11. Taste the salsa and gradually add salt, water, and reserved jalapeño seeds to reach your desired consistency, flavor and heat level.
12. Add parchment paper to your trays
13. Pour salsa onto trays
14. Place dividers (if you choose). We like to use 10 portions per tray
15. Pre Freeze
16. Freeze dry (my cycle time was 45 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add about $\frac{3}{4}$ cup of cold water to 1 cup (or 2 of the 10 divider portions) of freeze-dried salsa. Adjust as needed to desired consistency.

Nutritional Value Per 1 cup of salsa

Calories: 59 Carbohydrates: 12 g Protein: 2 g Fat: 1 g Fiber: 2 g

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