

Homemade Salsa

This recipe makes about 5 cups



Ingredients

10 roma tomatoes or 5-6 medium tomatoes
½ cup of fresh cilantro
3 jalapenos
1 large onion
4 cloves of garlic

salt to taste

Directions:

1. Preheat the oven to broil.
2. Slice the onions into rings, peel the garlic, and leave it whole. Remove the stems from the tomatoes and cut them in half.
3. Arrange the vegetables (jalapeños, onions, garlic, and tomatoes) on a baking sheet.
4. Broil the vegetables, flipping occasionally until well-charred on all sides.
5. Remove from the oven and let cool slightly.
6. Remove the stems from the jalapeños, slice them in half, and remove the seeds.
7. Transfer the roasted vegetables to a food processor or blender with cilantro and blend to your desired texture.
8. Taste and adjust with salt, water, and reserved jalapeño seeds to control the flavor and heat.
9. Line trays with parchment paper, pour salsa onto them, and add dividers if desired (e.g., 10 portions per tray).
10. Pre-freeze, then freeze-dry (cycle time was 45 hours).
11. Store in jars for short-term use or 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.

Notes:

To adjust the heat in salsa, choose milder or hotter peppers based on your spice preference, and remove the seeds and membranes to reduce spiciness. Adding acidic ingredients like lime juice or sweet elements like mango can help balance and mellow the heat. If the salsa turns out too spicy, mix in more tomatoes, onions, or other mild ingredients to dilute the intensity.

Nutritional Value Per 1 cup of salsa

Calories: 40 Protein: 1 g Fat: 1 g Carbohydrates: 9 g Sugar 4g Fiber: 2 g