

Peach Salsa

This recipe makes 10-11 Cups of Salsa



Ingredients

6 cups peaches, chopped
1 English cucumber, diced
1 red onion, chopped
1 Tbsp freeze-dried garlic
1 green pepper, diced
1 red pepper, diced
1 ½ tsp cumin
½ tsp cayenne
2 Tbsp honey
½ cup cilantro, finely chopped

Directions:

1. Chop the peaches, cucumber, red onion, green pepper, red pepper, and cilantro.
2. Combine all the chopped fruit, vegetables, and herbs in a large bowl.
3. Add the freeze-dried garlic, cumin, cayenne, and honey to the mixture. Stir until everything is evenly coated.
4. Line your freeze dryer trays with silicone liners or parchment paper.
5. Spread the mixture evenly over freeze dryer trays. Add dividers if using.
6. Place the trays in the freezer and freeze until solid before starting the freeze-drying process.
7. Freeze dry (my cycle time was 34 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate a ½ cup serving of freeze-dried salsa, add 3 to 4 tablespoons of cold or room-temperature water, stir, and let it sit for 5 to 10 minutes. Adjust the consistency by adding more water, 1 tablespoon at a time, until it reaches your desired texture.

Notes:

Optionally, enhance the flavor with a squeeze of lime, a dash of salt, or fresh cilantro. For a warmer salsa, use warm water, but this may soften the vegetables more.

Nutritional Value Per ½ Cup serving

Calories: 31 Protein: 0.67 g Fat: 0.19 g Carbohydrates: 7.8 g Sugar: 6 g Fiber: 1 g