

HARVEY COMMUNITY GARDEN & HARVEY HEALTH CENTRE

Salsa

8 cups of chopped, peeled tomatoes
3 narrow green hot peppers
2 cups chopped onions
2 cups cider vinegar
2 red sweet peppers
1 green sweet pepper
4 minced garlic cloves
2 – 5 ½ oz. can tomato paste
2 Tablespoons white sugar
1 Tablespoon salt
2 teaspoons paprika
1 teaspoon oregano
jalapeño peppers ,if desired.



1. In a large heavy non-aluminum pot, combine tomatoes, all the peppers, onion, vinegar, garlic, tomato paste, sugar, salt, paprika and oregano.
2. Bring to a boil, stirring often to prevent sticking on the bottom of the pot. Reduce to med-low temperature.
3. Simmer for an hour or until the mixture is thick enough to coat a spoon.
4. Seal in sterilized mason jars.

Preparation time: 2-3 hours.

Yield: 9 – 12 cups.

For more information on Harvey Community Garden & Village Beautification



<https://www.facebook.com/HarveyCommunityGarden2>

Website: <http://harveymcadamwellness.weebly.com/>