

# Salsa Recipe

Ingredients: tomatoes (meaty tomatoes, like Roma), onions, hot peppers, sweet peppers, garlic, salt, black pepper, zucchini, tomato paste and vegetable oil.

Begin by cooking in vegetable oil diced onions, garlic and hot peppers, in a cast iron skillet if you have one. This allows the flavor of each to be released. You can add more than one type of hot pepper, depending on how hot you like salsa.

At the same time cook in a separate pot tomatoes that have been sliced (somewhat small pieces). Add some water so that the tomatoes won't burn while cooking and after the first 15 minutes of cooking add 3 tablespoons of salt.

Once the tomatoes are cooked down and the pepper/onion/garlic is sautéed, combine in the pot the tomatoes were cooking in, add black pepper (amount depends on taste) and 1 large can of tomato paste. Stir until all the paste is dissolved and then add to jars.

Hot bath jars for 20 minutes, then let sit until they pop. Add fresh cilantro when you are ready to eat.

Well House 600 Cass SE, Grand Rapids, MI 49503

616.245.3910 or [contact@wellhousegr.org](mailto:contact@wellhousegr.org)