

Mexican Salsa (Makes about 6 small/medium jars)

Once you make your own salsa, you'll never want to purchase a store bought one again! I look forward to summer when i grow loads of tomatoes or find bargain boxes at the local produce store. I'm happy to spend a day cooking up large batches of salsa which will hopefully last us until next season. As mentioned below in notes, I love to use my Thermo mix for this recipe because i find it much faster and less messy. Don't let that stop you from trying it out though! I'm also no expert on preserving, I've never water bathed my jars of salsa after bottling them, if they do not seal i use them up right away or else they get labelled and put away. If your'e concerned feel free to go ahead and water bath the jars once bottled. Generally 10 minutes for relishes is sufficient.

Ingredients.

- 400g onion, diced.
- 4 cloves of garlic, diced.
- 1.5 kg diced tomatoes.
- 2 large Capsicums, diced.
- 1/2 - 1 tsp crushed chilli powder (depending on your heat tolerance).
- 3 Tbsp tomato paste
- 1 Tbsp balsamic vinegar
- 1 tsp salt
- 3 Tbsp olive oil.
- 4 Tbsp Apple cider vinegar.
- 1 small tin of baked beans.
- Optional spices (fresh crushed coriander seeds, dried coriander or cumin)

Method.

1. Heat large saucepan with olive oil, add onion and garlic, sauté for 5 mins, if adding any optional herbs and spices, now is a good time to add them, let their aroma release with the sautéing of the onion and garlic.
2. Add all of the remaining ingredients except the beans, stir, cover with a lid and simmer on low/med for 40mins. Stirring once in a while.
3. Place the baked beans in and cook uncovered on low for a further 20 mins, allowing the sauce to reduce and thicken up.
4. Whilst the salsa is simmering, prepare your jars. I like to sterilise using the microwave, simply by spraying a little water into the jar and placing them in the microwave for 3 mins. Their lids I usually boil up in a small saucepan of water for a few mins.
5. When the salsa is ready, ladle the mixture into your prepared jars, making sure the jars are still hot, wipe any excess of the jar lip with a clean dry towel, place lid on and set aside for jar to seal.

Notes:

I make this recipe in my **Thermo mix**, as i don't have to stand around stirring the pot. If you have a Kitchen aid or Thermo mix, feel free to use it.
You will need to place the onion and garlic in, chop for 10 sec/speed 5, add any herbs and spices, oil and cook for 5 mins /varoma/speed 2/Rev.
Add half of the tomato and rest of ingredients except the beans and capsicum, chop 5-10 sec/speed 5. Cook for 30mins /Varoma/Rev/Speed 2. Place basket on top to prevent splattering.
Finally add the remaining tomato, capsicum and beans cook for 20 mins/Varoma/Rev/speed 2.

Nutritional Information (Per Serve) (approx.)

Cal 44 Kj 184
Fats 1.9g
Carbs 6g
Protein 1.4g