



Zesty Salsa

SUPPLIES:

- 5 pounds tomatoes
- 1 cup chopped onions
- 1 cup chopped green pepper
- ¼ cup chopped hot peppers
- 1 tablespoon salt
- 1 clove garlic, chopped
- 1 cup white vinegar

EQUIPMENT:

- 6- to 8-quart saucepan
- ladle or dipper
- wide-mouth funnel
- pint size canning jars
- metal screw bands
- self-sealing lids

- boiling water canner and lid
- thermometer
- canner rack
- jar lifter
- wire cooling rack or towels

Canning is a safe and economical way to preserve food at peak ripeness. A good item to can is salsa made from fresh, vine-ripened, high quality, disease free tomatoes, peppers, garlic, and onions. Do not use any tomato or pepper that is decayed or is from dead, frost-killed vines. White vinegar is added to the salsa to ensure a proper level of acidity. The acidity prevents the growth of microorganisms. Try your hand at canning zesty salsa. This recipe will make 4 pints.

1. Wash the jars in hot soapy water. Rinse well. Check that the sealing edges of the jars are smooth and free of nicks and cracks. Irregular sealing surfaces prevent airtight seals.
2. Prepare the lids according to the manufacturer's directions.
3. Hot pack the salsa.
 - Wash tomatoes. To make peeling easier, dip the tomatoes in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water and slip skins off and remove cores and seeds.
 - Have an adult supervise you and use a cutting board and knife to chop tomatoes and onions. Put on a pair of rubber gloves and chop the green and hot peppers. Be careful, these peppers are very hot and can burn your eyes.
 - Put all ingredients into saucepan, stir, and bring to a boil. Reduce heat and simmer for 10 minutes.
 - Using a ladle, fill clean, dry jars with salsa leaving ¼ inch head space. Head space is the unfilled space between the food and the jar lid. This allows room for the food to expand as it is being processed and to form a vacuum as it cools and contracts.

Nutrition Facts	
Serving Size (99g) 1 Tbsp.	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 2%	Vitamin C 25%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- To remove air bubbles that are trapped in the jar, insert a plastic (not metal) spatula between the food and the jar, and move it up and down as you turn the jar slowly.
 - Wipe the sealing edge of the jar with a clean, damp paper towel. Place the lid on the jar and tighten screw band.
4. Process in a boiling water canner.
- Fill the canner halfway with water.
 - Preheat water to 180°F for hot-packed foods.
 - Place filled jars onto the canner rack. Use the handles to lower the rack into the water, or use a jar lifter and fill the canner one jar at a time.
 - Check that the water level is at least one inch above the jar tops. If not, add more boiling water. Don't pour water directly on the jars. Cover the canner with a tight fitting lid.
 - Bring water to a vigorous boil and then lower heat to maintain a gentle boil. Process for 20 minutes. Check the water level above the jars throughout the processing and add more boiling water if necessary.
 - After 20 minutes, turn the heat off and remove the canner lid.
 - Take the jars out of the canner using a jar lifter, and set them on a rack or towel. Leave at least one inch of space between the jars during cooling. Air cool jars 12 to 24 hours.
 - Do not retighten screw bands. During cooling, the food in the jar contracts. As it does, the self-sealing lid is pulled against the jar to form a high vacuum. Retightening may damage the seal already formed.

THE NEXT DAY:

After your canned salsa has cooled all night, you need to remove the screw bands and check the lid seals. A properly sealed lid is indented in the center. When you press the lid down with a finger, it should not move. If there is springiness in the lid, that means it is not sealed, use the unspoiled food right away. Or, the food can be canned again. Empty the jar, and check the lid and jar for tiny nicks or other defects. Repack the food and reprocess for the same amount of time in a new jar and with a new lid.

If the jar is properly sealed, remove the metal screw bands. Wipe and dry all jars before storing them.

***LABEL TO SHOW THE CONTENTS
AND THE DATE
(MONTH AND YEAR).***

Store in a cool, dry, dark place. Temperatures of 50° - 70°F are best. Tomato products are best if eaten within one year.

SOURCE: "Fantastic Foods" 4-H Curriculum: [You're The Chef](#)