

# Garden Fresh Salsa Recipe

Homemade salsa that's full of flavor! Ready in less than 30 minutes. Easy peasy recipe to use with your favorite garden harvests. Use whatever large tomatoes you have available and substitute any ingredients for what you love - make it your own!

Prep Time: 10 min

Cook Time: 15 min

Total Time: 25 min

Ingredients	Directions
10 oz Beefsteak Tomatoes, quartered	<ol style="list-style-type: none"><li>1. Place everything but the lime in a blender or food processor. Pulse until tomatoes break down and mixture is chunky. Transfer mixture to a nonstick skillet.</li><li>2. Heat salsa over medium-high heat until it starts to bubble. Lower the heat and simmer for 10 to 15 minutes. It will thicken during this time.</li><li>3. Turn off the heat and add the lime juice. Stir. Put in a container and chill for several hours (overnight is best). Flavor develops over the chill period.</li><li>4. Enjoy your homemade, garden fresh salsa!</li></ol>
½ medium white onion, peeled and cut into chunks	
1 small jalapeno, ribs and seeds removed and roughly chopped	
1 bell pepper	
Juice of ½ lime	
½ tsp salt (or more to taste)	
½ tsp cumin	
½ tsp garlic powder	

Yield: 1 ½ Cups

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# APPALACHIAN sustainable DEVELOPMENT

## Did you know?

- Tomatoes are both a fruit and a vegetable, depending on your perspective
- Tomatoes are a good source of Vitamin C, Potassium, Vitamin K1, and Folate
- Naringenin, found in tomato skin, decreases inflammation and protects against disease
- Tomatoes contain lycopene, an antioxidant, that helps protect your body from cancer, heart disease, and other diseases
- Tomatoes are in the same plant family as potatoes, peppers, and eggplant
  - Organic tomatoes have more nutrients in them!

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