

BLENDRED RED SALSA

Prep time	Cook time	Total time
10 mins	20 mins	30 mins

Simple blended red salsa in just 30 minutes! Carrots add natural sweetness and a pop of color, while chipotle peppers bring a touch of heat.

Author: Minimalist Baker

Recipe type: Dip, Appetizer

Cuisine: Mexican, Vegan

Serves: ~2 1/2 cups



Ingredients

- 1 Tbsp avocado or grape seed oil (or any neutral oil with a high smoke point)
- 1/2 white onion, diced
- 3 cloves garlic, minced
- 1 cup (140 g) diced carrots (or sub orange or yellow bell pepper!)
- Pinch each salt + pepper (plus more to taste)
- 1 14.5 ounce (411 g) can diced tomatoes (no salt added)
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1 chipotle pepper in adobo sauce (add 1/2 tsp adobo sauce for more heat!)*
- 1/3 cup vegetable stock (or water)
- 1-2 Tbsp sweetener of choice (coconut sugar or maple syrup | optional)
- 1 lime, juiced

Instructions

1. Heat a large skillet (cast iron is preferable) over medium heat and prep onion, garlic and carrot.
2. Once hot, add oil, onion, garlic, carrot and season with a healthy pinch each salt and pepper.
3. Stir to coat and cover - cook for 4 minutes, stirring occasionally.
4. Remove cover and add diced tomatoes, cumin, chili powder and a healthy pinch more salt and pepper. Stir, reduce heat to low, and simmer for 2-3 minutes, stirring occasionally.
5. Transfer mixture to a food processor or high speed blender and add chipotle pepper, vegetable stock, sweetener, and lime juice. Blend until creamy and smooth. Taste and adjust seasonings as needed.
6. Serve warm, at room temperature, or - as I prefer it - refrigerated. Keeps in the fridge for at least 7-10 days.

Notes

*Nutrition information is a rough estimate for one of ten 1/4-cup servings.

*Chipotle peppers in adobo sauce can be found in the Mexican sections of most grocery stores, and virtually all Mexican grocery stores. Look for a short can with a picture of dark red peppers!

Nutrition Information

Serving size: 1/4 cup Calories: 25 Fat: 0.3g Saturated fat: 0g Carbohydrates: 5.5g Sugar: 3.3g
Sodium: 169mg Fiber: 1.1g Protein: 0.8g

Recipe by Minimalist Baker at <http://minimalistbaker.com/chipotle-red-salsa/>