

Mexican Tomato Salsa

2 Tbsp olive oil
½ cup onions, finely chopped
2 Tbsp green or red peppers, minced
2 Tbsp hot chili peppers, minced
1 clove garlic, finely chopped
4 medium tomatoes, seeded and chopped
2 Tbsp fresh lime juice
1 tsp honey
½ tsp dried basil
¼ tsp dried coriander
¼ tsp cumin seeds
¼ tsp chili powder or TT

Method:

In a large skillet, heat the oil. Add onions, sweet and hot peppers, and garlic. Cook for 5 minutes, stirring occasionally. Stir in tomatoes, lime juice, honey, herbs and spices. Bring to a boil, Reduce heat to low; cover and simmer for 20 minutes. Pour the sauce into hot, scalded half-pint jars, leaving ½ inch head space. Seal and process in a boiling water bath for 20 minutes.

(by Chef Dan Brophy, Summer Food Preservation Series 2013, Portland Nursery / Stark)

