



Preserving Food: **Sensational Salsas**

Sauces, relishes or dips that can spice up a meal or snack, salsas are enjoyed for intense flavors and colors. A combination of tomatoes, onions and peppers can add zest to chips. Fruit, herbs and the “heat” of onion or pepper spooned across meat or fish perk up the taste buds and create images of an exotic cuisine. Reds, oranges, greens and yellows. Spicy, hot, sweet, savory, herbal and aromatic. All are delights for the senses and make meals lively.

Cooks love to experiment with salsa recipes and many want to preserve their winning combination by canning. Most salsa recipes are a mixture of low-acid foods (such as onions and peppers), with more acid foods (such as tomatoes). Acid flavorings such as vinegar, lemon juice, or lime juice are also common additions. The types and amounts of ingredients used in salsa, as well as the preparation method, are important considerations in how a salsa is canned. Improperly canned salsas or other tomato-pepper combinations have been implicated in more than one outbreak of botulism poisoning.

Some important guidelines are provided below for preparing safe home-canned salsas. Recommended tested recipes follow. If your personal favorite is not listed, it is best to eat your creation fresh, store it several days up to one week in the refrigerator (40°F or below), or freeze it for longer storage. Most salsas should retain good quality for up to 1 year in a freezer maintained at 0°F or lower.

Ingredients

Acids

The acid ingredients help preserve canned salsas. Acids have been used in salsa recipes canned in boiling water to make them safe enough to do so. The acids are usually commercially bottled vinegar or lemon juice. Buy a vinegar of at least 5 percent acidity; do not use homemade vinegar because the acidity can vary and will be unknown.

The amounts of vinegar or lemon juice in the recipes printed here for canning cannot be reduced. It is important to use a tested recipe so the minimum amount of these acids to make the recipe safe is also known. Sugar can be used to offset the tartness of the acid. An equal amount of standard bottled lemon juice may be substituted for vinegar in recipes, but **do not substitute vinegar for lemon juice**. This substitution will result in a less acid and potentially unsafe canned salsa.

Tomatoes

The quality of your salsa will be affected by the tomatoes you choose. Paste tomatoes, such as Roma, have more flesh or solid tissue. They will produce thicker salsas than slicing tomatoes which yield more juice and a watery salsa.

Select only disease-free, preferably vine-ripened, firm tomatoes. Canning is not a way to use overripe or spoiling tomatoes. **Do not can tomatoes from dead or frost-killed vines.** Green tomatoes may be used for ripe tomatoes, but do not expect the same flavor.

When recipes call for peeled tomatoes, remove the peel by dipping washed tomatoes into boiling water for 30 to 60 seconds or until skins split. Dip immediately into cold water, then slip skins off and remove cores and seeds.

Do not drain or squeeze tomatoes to remove the liquid juices for the recipes found here. This will result in potentially unsafe canned salsa or one that could spoil after canning.

Tomatillos

Tomatillos are also known as Mexican husk tomatoes. The dry outer husk must be removed, but they do not need to be peeled or have the seeds removed. They need to be rinsed well after the husk is removed.

Peppers

Peppers range from mild to scorching in taste, or the “heat” factor, and that is what makes many salsa fans want to experiment with recipes. Mild pepper varieties include Anaheim, Ancho, Colloge, Colorado and Hungarian Yellow Wax. If a recipe calls for “long green chiles,” choose a mild pepper.

Jalapeño is a very popular hot pepper. Other hot varieties include Cayenne, Habanero, Serrano and Tabasco. Do not touch your face, particularly the area around your eyes, when you are handling hot chiles.

Caution: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Use only high quality peppers. You may substitute one type of pepper for another or bell peppers (mild) for some or all of chiles. **Do not increase the total amount (pounds or cups) of peppers in any recipe.** Do not substitute the same number of whole peppers of a larger size for the number of peppers of a smaller size (e.g., do not use 3 bell peppers or long chiles in place of 3 jalapeños). This will result in changing the final acidity of the mixture and potentially unsafe canned salsa.

Many recipes do not say to peel hot peppers, others do. Usually when peppers are finely chopped, they do not need to be peeled. The skin of long green chiles may be tough. If you are directed to peel peppers, or choose to, there are directions in the recipes for peeling methods.

Fruits

Some salsa recipes in this publication contain fruits. Choose high-quality fruit that is disease-free and firm. Overripe or spoiling fruit should not be used in canning even if it is to be cut up.

If a recipe calls for green or unripe mango, do not use ripe mango. This will result in changing the final acidity of the mixture and potentially unsafe canned salsa.

Spices and Herbs

Spices and herbs add unique flavors to salsas. Amounts of spices and herbs in the recipes found here (black pepper, salt, oregano, pickling spice, dried red pepper flakes, and ground cumin) may be altered or left out. For a stronger cilantro flavor in recipes with cilantro, it is suggested to add fresh cilantro just before serving instead of adding more before canning.

Other

Red, yellow or white onions may be substituted for each other. **Do not increase the total amount of onions in any recipe found here.** This will result in changing the final acidity of the mixture and potentially unsafe canned salsa.

Cautions and Reminders:

- Follow the directions carefully for each recipe.
- Use the amounts of each vegetable (peppers, onions, etc.) listed in the recipe.
- Add the amount of vinegar or lemon juice listed.
- Do not thicken salsas with flour, cornstarch or other starches before canning. If a thicker salsa is desired, add these ingredients after opening.
- Do not thicken the salsa by adding more vegetables or tomatoes than the recipe states.
- You may change the amount of spices in these recipes, if desired.
- Do not can salsas that do not follow these or other properly researched processes.
- Store canned salsas in the refrigerator (40°F or lower) once opened.
- **Before opening each jar,** look for unsealed, rusty or bulging lids, leaks or any unusual appearance of the food. Look for any dried streaks or residues on the outside, especially coming from the top of the jar. Look for rising bubbles or unnatural colors in the contents.

- **While opening each jar,** look for spurting liquid and mold on the food or lid. Smell for off-odors. Do not use canned salsas with any of these problems. **Do not taste food from a jar with an unsealed lid or food that shows signs of spoilage.**

Storing Home-Canned Salsas

Before storing canned salsas, check for vacuum seals after 12 to 24 hours of cooling. Refrigerate unsealed jars and consume within one week. For sealed jars, remove the screw bands. Wash and dry the bands; they can be re-used if not damaged. Gently wash, rinse and dry the sealed canning jars and lids, to remove any residues that might be on them.

Properly prepared, home-canned salsas with vacuum-sealed lids should be stored in a clean, dark, dry area. Exposure to light over time can change colors to less appealing ones. The temperature of the storage area should be between 50 and 70 °F. The higher the storage temperature, the faster the quality will deteriorate. Temperatures above 95°F can lead to spoilage of even properly canned food. Avoid placing near pipes; drips and leaking can lead to rusting of jar lids and contamination of food.

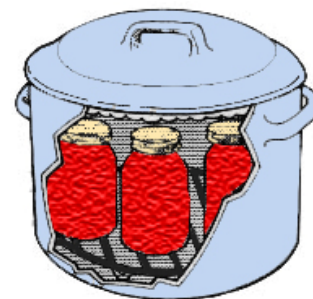
If canned and stored properly, home canned salsa should retain good quality for 12 to 18 months. Unless a different storage recommendation is noted in a particular recipe, it is best to can what you will use within one year for best quality.



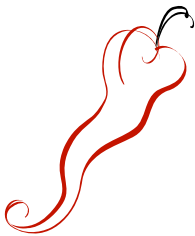
Follow These Steps for Successful Boiling Water Canning

(Read through all the instructions before beginning.)

1. Before you start preparing your food, place canner rack in the bottom of a boiling water canner. Fill the canner half full with clean warm water for a canner load of pint jars. For other sizes and numbers of jars, you will need to adjust the amount of water so it will be 1 to 2 inches over the top of the filled jars.
2. Center the canner over the burner and preheat the water to 140°F for raw-packed foods and to 180°F for hot-packed foods. You can begin preparing food for your jars while this water is preheating.
3. Load filled jars, fitted with lids and ring bands, into the canner one at a time, using a jar lifter. When moving jars with a jar lifter, make sure the jar lifter is securely positioned below the neck of the jar (below the screw band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.
4. Add more boiling water, if needed, so the water level is at least one inch above the jar tops. For process times over 30 minutes, the water level should be 2 inches above the jars.
5. Turn the heat setting to its highest position, cover the canner with its lid and heat until the water boils vigorously.
6. Set a timer (after the water is boiling) for the total minutes required for processing the food.
7. Keep the canner covered for the process time. The heat setting may be lowered as long as a gentle but complete, visible boil is maintained for the entire process time.
8. Add more *boiling* water during the process, if needed, to keep the water level above the jar tops.
9. If the water stops boiling at any time during the process, turn the heat on its highest setting, bring the water back to a vigorous boil, and begin the timing of the process over, from the beginning (using the total original process time).
10. When the jars have been processed in boiling water for the recommended time, turn off the heat and remove the canner lid. Tilt the lid so that the steam escapes away from your face. Wait 5 minutes before removing jars to allow the canner contents to settle. This waiting period is not required for safety of the food, however.
11. Using a jar lifter, remove the jars one at a time, being careful not to tilt the jars. Carefully place them directly onto a towel or cake cooling rack, leaving at least one inch of space between the jars during cooling. Avoid placing the jars on a cold surface or in a cold draft.
12. Let the jars sit undisturbed while they cool, from 12 to 24 hours. Do *not* tighten ring bands on the lids or push down on the center of the flat metal lids until the jars are completely cooled.



Yield: 6 to 8 pints



Chile Salsa (Hot Tomato-Pepper Sauce)

- 5 pounds tomatoes
- 2 pounds chile peppers
- 1 pound onions
- 1 cup vinegar (5 percent)
- 3 teaspoons salt
- 1/2 teaspoon pepper

Caution: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Preparing Peppers: Wash and dry chiles; slit each pepper along the side to allow steam to escape. Peel using one of these two methods to blister skins:

Oven or broiler method to blister skins – Place chiles in a hot oven (400°F) or broiler for 6 to 8 minutes until skins blister.

Range-top method to blister skins – Cover hot burner (either gas or electric) with heavy wire mesh. Place peppers on burner for several minutes until skins blister.

To peel, after blistering skins, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier.) Cool several minutes; slip off skins. Discard seeds and chop.

Peel, wash and dice onions. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores. Coarsely chop tomatoes.

Hot Pack: Combine prepared peppers, onions and tomatoes and remaining ingredients in a large saucepan. Heat to boiling; then simmer 10 minutes. Fill hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Chile Salsa in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

IMPORTANT:

The only changes you can safely make in this salsa recipe are to substitute bottled lemon juice for the vinegar and to change the amount of pepper and salt. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe.

Yield: 6 to 8 pints

Chile Salsa II

- 10 cups peeled, cored, chopped tomatoes
- 6 cups seeded, chopped chile peppers*
- 4 cups chopped onions
- 1 cup vinegar (5 percent)
- 3 teaspoons salt
- ½ teaspoon black pepper

*A mixture of mild and hot peppers is recommended.

Caution: Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Preparing Peppers: Wash and dry chiles. The peppers do not need to be peeled, but many may prefer to peel certain types. The skin of long green chiles may be tough. If you choose to peel chiles, peel using one of the two methods on page 5.

Hot Pack: Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 10 minutes, stirring occasionally. Ladle hot into clean, hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Chile Salsa II in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

IMPORTANT:

The only changes you can safely make in this salsa recipe are to substitute bottled lemon juice for the vinegar and to change the amount of pepper and salt. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe.

Yield: 3 pints

Tomato and Green Chile Salsa

- 3 cups peeled, cored, chopped tomatoes
- 3 cups seeded, chopped long green chiles
- $\frac{3}{4}$ cup chopped onions
- 1 jalapeño pepper, seeded and finely chopped
- 6 cloves garlic, finely chopped
- $1\frac{1}{2}$ cups vinegar (5 percent)
- $\frac{1}{2}$ teaspoon ground cumin
- 2 teaspoons oregano leaves
- $1\frac{1}{2}$ teaspoons salt

Caution: Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Preparing Peppers: Wash and dry peppers. The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough. If you choose to peel chiles, peel using one of the two methods on page 5.

Hot Pack: Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot into clean, hot jars, leaving $\frac{1}{2}$ -inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Tomato and Green Chile Salsa in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

IMPORTANT:

The only changes you can safely make in this salsa recipe are to substitute bottled lemon juice for the vinegar and to change the amount of salt and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe.

Yield: 16 to 18 pints

Tomato Salsa with Paste Tomatoes

- 7 quarts peeled, cored, chopped paste tomatoes
- 4 cups seeded, chopped long green chiles
- 5 cups chopped onion
- ½ cup seeded, finely chopped jalapeño peppers
- 6 cloves garlic, finely chopped
- 2 cups bottled lemon or lime juice
- 2 tablespoons salt
- 1 tablespoon black pepper
- 2 tablespoons ground cumin (optional)
- 3 tablespoons oregano leaves (optional)
- 2 tablespoons fresh cilantro (optional)

Note: This recipe works best with paste tomatoes. Slicing tomatoes require a much longer cooking time to achieve a desirable consistency.

Caution: Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Preparing Peppers: Wash and dry peppers. The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough. If you choose to peel chiles, peel using one of the two methods on page 5.

Hot Pack: Combine all ingredients except cumin, oregano and cilantro in a large saucepot and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 10 minutes, stirring occasionally. Add spices and simmer for another 20 minutes, stirring occasionally. Ladle hot into clean, hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Tomato Salsa with Paste Tomatoes in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

IMPORTANT:

The only change you can safely make in this salsa recipe is to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. Do not substitute vinegar for the lemon juice.

Yield: 16 to 18 pints

Tomato Taco Sauce

- 8 quarts peeled, cored, finely chopped paste tomatoes
- 2 cloves garlic, crushed
- 5 cups chopped onions
- 4 jalapeño peppers, seeded, chopped
- 4 long green chiles, seeded, chopped
- 2½ cups vinegar (5 percent)
- 2 tablespoons salt
- 1½ tablespoons black pepper
- 1 tablespoon sugar
- 2 tablespoons oregano leaves (optional)
- 1 teaspoon ground cumin (optional)

Note: This recipe works best with paste tomatoes, as slicing tomatoes will yield a thin watery salsa. If you only have slicing tomatoes available, use the Tomato/Tomato Paste Salsa recipe.

Caution: Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Preparing Peppers: The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough. If you choose to peel chiles, use one of the two methods on page 5.

Hot Pack: Combine all ingredients in a large saucepot and heat, stirring frequently, until mixture boils. Reduce heat and simmer, stirring frequently until thick (about 1 hour). Ladle hot into clean, hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Tomato Taco Sauce in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

IMPORTANT:

The only changes you can safely make in this salsa recipe are to substitute bottled lemon juice for the vinegar and to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe.

Yield: 7 to 9 pints

Tomato/Tomato Paste Salsa

- 3 quarts peeled, cored, chopped slicing tomatoes
- 3 cups chopped onions
- 6 jalapeño peppers, seeded, finely chopped
- 4 long green chiles, seeded, chopped
- 4 cloves garlic, finely chopped
- 2 12-ounce cans tomato paste
- 2 cups bottled lemon or lime juice
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 tablespoon ground cumin (optional)
- 2 tablespoons oregano leaves (optional)
- 1 teaspoon black pepper

Caution: Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Preparing Peppers: The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough. If you choose to peel chiles, use one of the two methods on page 5.

Hot Pack: Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 30 minutes, stirring occasionally. Ladle hot into clean, hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Tomato/Tomato Paste Salsa in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

IMPORTANT:

The only change you can safely make in this salsa recipe is to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. Do not substitute vinegar for the lemon juice.

Yield: 5 pints

Tomatillo Green Salsa

- 5 cups chopped tomatillos
- 1½ cups seeded, chopped long green chiles
- ½ cup seeded, finely chopped jalapeño peppers
- 4 cups chopped onions
- 1 cup bottled lemon or lime juice
- 6 cloves garlic, finely chopped
- 1 tablespoon ground cumin (optional)
- 3 tablespoons dried oregano leaves (optional)
- 1 tablespoon salt
- 1 teaspoon black pepper

Caution: Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Preparing Tomatillos: Remove the dry outer husks; wash thoroughly. They do not need to be peeled or seeded.

Preparing Peppers: The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough. If you choose to peel chiles, use one of the two methods on page 5.

Hot Pack: Combine all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot into clean, hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Tomatillo Green Salsa in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

Note: You may use green tomatoes in this recipe instead of tomatillos.

IMPORTANT:

The only other change you can safely make in this salsa recipe is to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. Do not substitute vinegar for the lemon juice.

Yield: About 7 pints

Spicy Jicama Salsa

- 9 cups diced jicama (you will need about 4 pounds purchased jicama)
- 1 tablespoon whole mixed pickling spice
- 1 two-inch stick cinnamon
- 8 cups white vinegar (5 percent)
- 4 cups sugar
- 2 teaspoons crushed red pepper
- 4 cups diced yellow bell pepper
- 4½ cups diced red bell pepper
- 4 cups chopped onion
- 2 fresh fingerhot peppers (about 6 inches each), finely chopped and partially seeded

Caution: Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Wash, peel and trim jicama; dice. Place pickling spice and cinnamon on a clean, double-layer, 6-inch-square piece of 100% cotton cheesecloth. Bring corners together and tie with a clean string. (Or use a purchased muslin spice bag.)

Hot Pack: In a 4-quart Dutch oven or saucepot, combine pickling spice bag, vinegar, sugar, and crushed red pepper. Bring to boiling, stirring to dissolve sugar. Stir in diced jicama, sweet peppers, onion and fingerhots. Return mixture to boiling. Reduce heat and simmer, covered, over medium-low heat about 25 minutes. Discard spice bag. Fill solids into hot, clean jars, leaving ½-inch headspace. Cover with hot pickling liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Spicy Jicama Salsa in a boiling water canner.					
		Process Time at Altitudes of			
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 3,000 ft	3,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	20 min	25	30	35

Yield: About 6 half-pints

Mango Salsa

- 6 cups diced unripe mango (about 3 to 4 large, hard green mangoes)
- 1½ cups diced red bell pepper
- ½ cup finely chopped yellow onion
- ½ teaspoon crushed red pepper flakes
- 2 teaspoons finely chopped garlic
- 2 teaspoons finely chopped ginger
- 1 cup light brown sugar
- 1¼ cups cider vinegar (5 percent)
- ½ cup water

Caution: Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer’s directions.

Wash all produce well. Peel and chop mango into ½-inch cubes. Dice bell pepper into ½-inch pieces. Finely chop yellow onions.

Hot Pack: Combine all ingredients in an 8-quart Dutch oven or stockpot. Bring to a boil over high heat, stirring to dissolve sugar. Reduce to simmering, and simmer 5 minutes. Fill hot solids into clean, hot half-pint jars, leaving ½-inch headspace. Cover with hot liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Mango Salsa in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Half-pints	10 min	15	20

Yield: About 7 pints

Peach Apple Salsa

- 6 cups (2¼ pounds) chopped Roma tomatoes (about 3 pounds tomatoes as purchased)
- 2½ cups diced yellow onions (about 1 pound or 2 large as purchased)
- 2 cups chopped green bell peppers (about 1½ large peppers as purchased)
- 10 cups (3½ pounds) chopped hard, unripe peaches (about 9 medium peaches or 4½ pounds as purchased peaches)
- 2 cups chopped Granny Smith apples (about 2 large apples as purchased)
- 4 tablespoons mixed pickling spice
- 1 tablespoon canning salt
- 2 teaspoons crushed red pepper flakes
- 3¾ cups (1¼ pound) packed light brown sugar
- 2¼ cups cider vinegar (5 percent)

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions. Place pickling spice on a clean, double-layered, 6-inch-square piece of 100% cheesecloth. Bring corners together and tie with a clean string. (Or use a purchased muslin spice bag).

Wash and peel tomatoes. Chop into ½-inch pieces. Peel, wash and dice onions into ¼-inch pieces. Wash, core, and seed bell peppers; chop into ¼-inch pieces. Combine chopped tomatoes, onions and peppers in an 8- or 10-quart Dutch oven or saucepot.

Wash, peel and pit peaches; cut into halves and soak for 10 minutes in an ascorbic acid solution (1500 mg in half gallon water). Wash, peel and core apples; cut into halves and soak for 10 minutes in ascorbic acid solution. Quickly chop peaches and apples into ½-inch cubes to prevent browning. Add chopped peaches and apples to the saucepot with the vegetables. Add the pickling spice bag to the saucepot; stir in the salt, red pepper flakes, brown sugar and vinegar.

Hot Pack: Bring to boiling, stirring gently to mix ingredients. Reduce heat and simmer 30 minutes, stirring occasionally. Remove spice bag from pan and discard. With a slotted spoon, fill salsa solids into hot, clean pint jars, leaving 1¼-inch headspace (about ¾ pound solids in each jar). Cover with cooking liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Yield: About 6 pints

Recommended process time for Peach Apple Salsa in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

Spicy Cranberry Salsa

- 6 cups chopped red onion
- 4 finely chopped large Serrano peppers
- 1½ cups water
- 1½ cups cider vinegar (5 percent)
- 1 tablespoon canning salt
- 1⅓ cups sugar
- 6 tablespoons clover honey
- 12 cups (2¾ pounds) rinsed, fresh whole cranberries

Caution: Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Procedure: Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

Hot Pack: Combine all ingredients except cranberries in a large Dutch oven. Bring to a boil over high heat; reduce heat slightly and boil gently for 5 minutes. Add cranberries, reduce heat slightly and simmer mixture for 20 minutes, stirring occasionally to prevent scorching. Fill the hot mixture into clean, hot jars, leaving ¼-inch headspace. Leave saucepot over low heat while filling jars. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.

Process in a boiling water canner according to the recommendations below.

Recommended process time for Spicy Cranberry Salsa in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 – 1,000 ft	1,001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	25

Sources for Recipes:

The following recipes were adapted from Hillers, V. and Dougherty, R. *Salsa Recipes for Canning*. PNW0395. Washington State University. Pullman, WA: Pacific Northwest Extension Publications, 2000 revision, reprinted April 2009.

Chile Salsa II
Tomato and Green Chile Salsa
Tomato Salsa with Paste Tomatoes
Tomato Taco Sauce
Tomato/Tomato Paste Salsa
Tomatillo Green Salsa

The following recipes were adapted from the National Center for Home Food Preservation, University of Georgia, Athens, GA. <http://www.uga.edu/nchfp>

Spicy Jicama Salsa
Mango Salsa
Peach Apple Salsa
Spicy Cranberry Salsa

The following recipe was adapted from Extension Service. Complete Guide to Home Canning. AIB 539. Washington, DC: U.S. Department of Agriculture. September 1994 revision.

Chile Salsa (Hot Tomato-Pepper Sauce)



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COOPERATIVE EXTENSION
Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences

Elizabeth L. Andress, Ph.D., Extension Food Safety Specialist and Elaine M. D'Sa, Ph.D., Research Coordinator

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