



THE LAWS OF SALSA

GUIDELINES FOR PREPARING AND SERVING SAFE, HEALTHY SALSAS

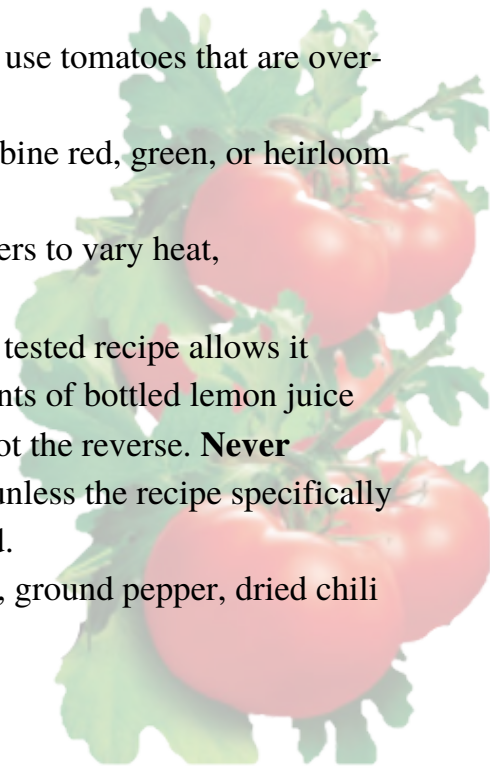
Extension

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1. Obtain current, tested recipes and instructions and follow them.
 - a. <https://uwyoextension.org/uwnutrition/category/food-preservation/>
2. Use high-quality, just-ripe tomatoes, peppers, onions, and garlic. Do not use tomatoes that are over-ripe or from frost-killed vines.
3. Use the amount of tomatoes called for in the recipe. You can use or combine red, green, or heirloom tomatoes or tomatillos as long as the amount remains the same.
4. Use the amount of peppers called for in the recipe. Mix-and-match peppers to vary heat, appearance, and flavor. Handle peppers with gloves.
5. Vinegar **should not** be used to replace bottled lemon/lime juice unless a tested recipe allows it because 5% acidic white vinegar is weaker in acid strength. Equal amounts of bottled lemon juice can be used to replace white vinegar in recipes calling for vinegar, but not the reverse. **Never** change the amount of acid, dilute with water, or substitute acid sources unless the recipe specifically allows you to do so. Sugar may be used to offset the acid taste, if desired.
6. Dried spices may be added or deleted as desired. These may include salt, ground pepper, dried chili pepper, coriander, cumin, and oregano.
7. Don't add more vegetables or fresh herbs than called for in the recipe.
8. Don't add thickeners.
9. Use pint or smaller-size jars. Processing times have not been tested for quarts!
10. Use the processing method for the length of time specified in the recipe. Adjust for altitude!
11. It is **not** safe to can original or non-tested salsa recipes. Salsa can be safely stored in the refrigerator for several weeks or frozen for months without processing.
12. 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.



TOMATILLO GREEN SALSA

- 5 cups chopped tomatillos (or green tomatoes may be used)
- 1 1/2 cups seeded, chopped long green chiles
- 1/2 cup seeded finely chopped jalapeno peppers
- 4 cups chopped onions
- 1 cup bottled lemon juice
- 6 cloves garlic, finely chopped
- 1 Tablespoon salt
- 1 teaspoon black pepper
- 1 Tablespoon ground cumin (optional)
- 3 Tablespoons oregano leaves (optional)

Yield: about 5 pints

Procedure:

1. Prepare ingredients.
2. Combine all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil.
3. Reduce heat and simmer for 20 minutes, stirring occasionally.
4. Ladle hot salsa into hot pint jars, leaving 1/2-inch headspace.
5. Remove air bubbles and adjust headspace if needed.
6. Wipe rims of jars with a dampened clean paper towel.
7. Adjust lids and process in a boiling water canner. See altitude adjustments.



CILI SALSA II

- 5 cups peeled, cored, chopped tomatoes
- 3 cups seeded, chopped chile peppers (use mixture of mild and hot peppers)
- 2 cups chopped onions
- 1/2 cup vinegar (5%)
- 1 1/2 teaspoon salt
- 1/4 teaspoon pepper

Yield: About 3 to 4 pints

Procedure:

1. Prepare ingredients.
2. Combine ingredients in a large saucepan.
3. Heat to a boil and simmer 10 minutes.
4. Fill hot salsa into hot pint jars, leaving 1/2 inch headspace.
5. Remove air bubbles and adjust headspace if needed.
6. Wipe rims of jars with a dampened clean paper towel.
7. Adjust lids and process in a boiling water canner. See altitude adjustments.

ALTITUDE ADJUSTMENTS

0-1,000 feet for 15 minutes, 1,100 to 6,000 feet for 20 minutes, and above 6,000 feet for 25 minutes.

(Source: USDA Complete Guide to Home Canning, Revised 2015)