



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/use-reliable-and-recent-canning-recipes/>
2. Use high-quality, just-ripe tomatoes, peppers, onions, and garlic. Do not use tomatoes that are over-ripe, spoiling, or from frost-killed/dead vines.
3. Use the amount of tomatoes (pounds or cups) 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. When recipes call for peeled or skinned tomatoes, remove the skin by dipping tomatoes into boiling water for 30-60 seconds or until the skin splits. Dip in cold water, then slip off skins and remove cores and seeds. Tomatillos do not need to be peeled or seeded, but the dry outer husk must be removed.
4. Use the amount of peppers (pounds or cups) called for in the recipe. Mix and match peppers to vary heat, appearance, and flavor. Canned chiles may be used in place of fresh. This is true for onions, as well. Red, white, and yellow onions are interchangeable, but keep the measurements the same.
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 and dried herbs may be added or deleted as desired. These may include salt, ground black pepper, dried chili pepper, dried coriander, ground cumin, and dried oregano leaves.
7. Don't add more vegetables or fresh herbs than are called for in the recipe.
8. Don't add cornstarch or other thickening agents like flour before canning. After you open a jar to use, you may pour off some of the liquid or thicken it with cornstarch. Store in the refrigerator once opened.
9. Use pint or smaller-size jars. There are **no** approved recipes for canning salsa in jars larger than a pint.
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 the 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 the headspace if needed.
6. Wipe the rims of jars with a dampened, clean paper towel.
7. Apply two-piece canning lids.
8. Adjust lids and process in a boiling water canner. See altitude adjustments.



CHILE SALSA II

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

Yield: About 6 to 8 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 the headspace if needed.
6. Wipe the rims of jars with a dampened, clean paper towel.
7. Apply two-piece canning lids.
8. Adjust lids and process in a boiling water canner. See altitude adjustments.

Recommended processing times for Tomatillo Green Salsa and Chile Salsa II at Altitudes of		
0-1,000	1,001-6,000	Above 6,000
15 minutes	20 minutes	25 minutes



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