

SAUCES, GRAVIES, AND DRESSINGS No.O 007 01

SALSA

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	228 mg	12 mg

Ingredient

TOMATOES,CANNED,DICED,DRAINED
 ONIONS,FRESH,CHOPPED
 PEPPERS,JALAPENOS,CANNED,CHOPPED
 SALT
 SUGAR,GRANULATED

Weight

7-1/8 lbs
 8-1/2 oz
 4-3/4 oz
 1-1/2 oz
 7/8 oz

Measure

3 qts 1 cup
 1-1/2 cup
 1 cup
 2-1/3 tbsp
 2 tbsp

Issue

9-3/8 oz

Method

- 1 Combine coarsely chopped canned tomatoes or finely chopped fresh tomatoes with onions, peppers, salt, and sugar. Blend well.
- 2 Cover and refrigerate at 41 F. or lower at least 1 hour before serving.