

Boiling Water Canning

GENERIC SALSA

Brian Nummer, Ph.D., May 2008

Generic Salsa Recipe –per pint jar

(multiply quantities by desired yield)

¼ cup bottled lemon or lime juice*

½ cup tomatoes (peeled, deseeded**, and diced to approx ¼")

½ cup any combination of onions, bell peppers (diced to approx. ¼") and pureed hot peppers including seeds (other vegetables not permitted)

¼-½ tsp salt*** (up to 1 tsp)

0-1 tsp dry spice (cumin, pepper, garlic powder, celery seeds, coriander)

*This recipe was designed to use ¼ cup bottled lemon or lime juice per 1 pint salsa. Do not use fresh squeezed juice or vinegar or alter this acidification procedure. Doing so may not safely acidify the salsa resulting in a risk of botulism.

**Drain and discard tomato juices for a thicker salsa

***Optional

Procedure: Peel tomatoes by placing them in boiling water for approximately 1 minute or until skins loosen. Plunge in cold water, then peel skins and discard them. Peel onion skins. Wash peppers. Dice all vegetables to approximately ¼ inch cubes.

Puree hot peppers including seeds (the heat of hot peppers is concentrated in seeds). **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.**

Hot pack – combine vegetable ingredients in a saucepan. Add salt and up to 1 tsp (total) of dry spice as desired. Heat salsa to boiling with constant stirring. Pour ¼ cup bottled lemon or lime juice into each clean pint canning jar. Pour in hot salsa ingredients leaving ½ inch headspace. Attach 2 piece canning lid. Invert jar several times to mix salsa and lemon/lime juice. Process using the following recommendations:

Recommended process time for Generic Salsa in a BOILING-WATER canner

Style of Pack	Jar Size	Process Time at Altitudes of			
		0 – 1,000 ft	1,001 – 3,000 ft	3,0001 – 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20 min	20 min	25 min

Sources:

Hillers, V.A. & Doughter, R. (1996, rev. 2000). Salsa recipes for canning. Washington State University Cooperative Extension.

USDA. (1994, rev 1999). USDA Complete guide to home canning. Agriculture Information Bulletin No. 539. Retrieved from

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Nummer, B.A., Thacker, M., D'Sa, E.M., & Andress, E.L. (2004). Studies on safe acidification of salsa for home boiling water canning. University of Georgia.

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