

## Food Preservation 201 Let's Make Salsa!

March 5, 2025

Virtual Development Network



# Chili Salsa

### (Hot Tomato-Pepper Sauce)

5 pounds tomatoes

2 pounds chili peppers\*

1 pound onions

1 cup vinegar (5%)

3 teaspoons canning salt

½ teaspoon pepper

**Yield:** 6 to 8 pints

### Procedure:

**PREPARING TOMATOES:** Wash the tomatoes. Dip them in boiling water for 30 to 60 seconds or until the skins split; then dip them in cold water. Slip off the skins and remove the cores.

Prepare peppers with one of the methods noted. Coarsely chop the tomatoes and combine the chopped peppers, onions and remaining ingredients in a large saucepan. Heat to a boil and simmer 10 minutes. Fill jars, leaving ½ inch of head space. Adjust the lids and process pints in boiling water-bath canner for 15 minutes (20 minutes if over 1,000 ft. altitude).

\*For a milder salsa, reduce the pepper amount or use a mixture of mild and hot peppers. Do not make other adjustments to the recipe.

For more details on Canning and Freezing Tomatoes and Making Salsa, go to:

<https://www.ndsu.edu/agriculture/extension/publications/canning-and-freezing-tomatoes-and-making-salsa>

**PREPARING PEPPERS:** CAUTION! Wear plastic gloves while handling chilies or wash your hands thoroughly with soap and water before touching your face. Hot peppers, such as the jalapeno, do not need to be peeled but the seeds often are removed. Wash and dry. If you choose to peel peppers, slit each pepper on its side to allow steam to escape. Peel peppers using one of the following methods:

Oven or broiler method: Place chilies in the oven (400 F) or broiler for six to eight minutes until skins blister.

Range-top method: Cover the hot burner, either gas or electric, with heavy wire mesh. Place the chilies on the burner for several minutes until skins blister. Allow the peppers to cool. Place them in a pan and cover them with a damp cloth. This will make peeling the peppers easier. After several minutes of cooling, peel each pepper. Discard the seeds and chop the peppers.