Tomato Salsa

Preparation: 10 min Makes ~4 cups



Ingredients

- 2 medium tomatoes, coarsely chopped
- 1/2 medium red onion, cut in half
- 1/4 large bell pepper, cut in half
- 1/4 cup fresh cilantro
- Juice of 1 lime (~2 tablespoons)
- 1/4 teaspoon salt, or to taste

Instructions

Start with clean hands! Wash your hands with soap and water.

- Place all ingredients in a food processor or blender. Blend until thickened to your liking.
- 2. If you don't have a food processor, finely chop all ingredients. Mix the ingredients in a medium bowl to make a chunky salsa.
- 3. Use as a dip for tortillas or vegetables.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

