



THE LAWS OF SALSA

GUIDELINES FOR PREPARING AND PRESERVING SAFE, HEALTHY SALSAS

1. Obtain current, tested recipes and instructions and follow them.

<https://extension.oregonstate.edu/mfp/publications>

2. Use high quality, just-ripe tomatoes, peppers, onions and garlic.
Do not use tomatoes that are over-ripe or from frost-killed vines.

3. Use the amount of tomatoes the recipe calls for.
You can use or combine red, green or heirloom tomatoes or tomatillos as long as the amount remains the same.



4. Use the amount of peppers the recipe calls for. Mix-and-match peppers to vary heat, appearance and flavor.
Handle peppers with gloves.

5. Use the amount and type of acid the recipe calls for. Vinegar or bottled lemon/lime juice ensures the safety of the product.
Breaking this law could be life threatening.

6. Dried spices may be added or deleted as desired.
These may include salt, ground pepper, dried chili pepper, coriander, cumin, and oregano.
7. Don't add more vegetables or fresh herbs than the recipe calls for.
8. Don't add thickeners.
9. Use the processing method for the length of time specified in the recipe. Salsa can be safely stored in the refrigerator for several weeks or frozen for months without processing.
10. It's not safe to can your own original salsa recipe. Refrigerate or freeze it instead.

Prepared by Jeanne Brandt, OSU Extension Service, Linn County, OR. 541-730-3544

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- ½ cups seeded,
chopped long green chiles
½ cup seeded,
finely chopped jalapeño peppers
4 cups chopped onions
1 cup bottled lemon juice
6 cloves garlic, finely chopped
1 tbsp salt
1 tsp black pepper

1 tbsp ground cumin (optional)
3 tbsp oregano leaves (optional)

Yield: About 5 pints

Procedure: Combine all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 20 minutes, stirring occasionally. Ladle hot salsa into hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process 15 minutes in a boiling water canner.

CHILE SALSA II

5 cups peeled, cored, chopped tomatoes
3 cups seeded, chopped chile peppers
(use mixture of mild and hot peppers)
2 cups chopped onions
½ cup vinegar (5%)
1 ½ tsp salt
½ tsp pepper

Yield: About 3 to 4 pints

Procedure: Combine ingredients in a large saucepan. Heat to a boil and simmer 10 minutes. Fill hot salsa into hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process 15 minutes in a boiling water canner.

Recipes from:

Complete Guide to Home Canning.

Selecting, Preparing, Canning Tomatoes and Tomato Products

USDA, NIFA, Agriculture Information Bulletin 539. Guide 3.

Reviewed by: Carolyn Raab, R.D. Ph.D.
OSU Extension Food Safety Specialist



Oregon State University
Extension Service