

Nick's Homemade Salsa

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"I love this recipe, since it combines fresh ingredients that can be found in many kitchens, specialty spices, and canned tomatoes. It makes a great accompaniment to chips and salsa or jazzes up any protein. I like canned tomatoes for this preparation, since the quality and flavor of fresh tomatoes can be hit or miss. Be aggressive by adding fresh or pickled jalapeños or your favorite hot chili pepper if you are feeding older students."

—*Chef Nick, Project Bread's School Food Chef*

- 24½ cups canned diced tomatoes, drained—reserve liquid (2 #10 cans or 204 ounces)
- 1 cup finely diced red onions (1 large or ⅔ pound)
- 1 cup finely diced red or green bell pepper (1 medium)
- ¼ cup finely chopped garlic (about 1/10 pound)
- 1½ cups chopped fresh cilantro (about 2 bunches)
- ½ cup lime juice (3 limes)
- 1 tablespoon red wine vinegar
- 1 tablespoon ground cumin, toasted
- 1 tablespoon recipe 4.13 Scott's Taco Seasoning or commercial taco seasoning
- ⅓ cup vegetable oil
- 2 tablespoons salt

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¼ CUP

In a large pan, heat the reserved tomato juice from the drained cans to a boil. Turn down to medium heat and reduce the liquid until it is thickened and reduced in volume by about half.

Mix the remaining ingredients in a large bowl to combine. Once the reduced tomato liquid is cooled, add it to the salsa.

Reserve for service at room temperature or refrigerate in a tightly sealed container for up to one week.

NOTE: *If your school does not have access to a stovetop to reduce the tomato liquid, substitute 1 to 2 cups of tomato paste, depending on your desired thickness of the salsa. Reserve the tomato water for cooking rice or adding into any dish that you would normally add water to for a more robust flavor.*

NUTRITIONAL INFORMATION

CALORIES: 21; SODIUM: 210.90 MG; SATURATED FAT: 4.31%

USDA REQUIREMENTS MET

¼ CUP RED OR ORANGE VEGETABLE