

Low-Sodium Hot Sauce

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You do need a food processor, blender, or immersion blender to make this sauce, and it's much healthier than what most of us have been using. Add more jalapeños if your students like a hotter sauce or a bunch of chopped cilantro for more flavor.

- 9 jalapeño peppers (½ pound)
- 12¼ cups low-sodium whole tomatoes in juice
(1 #10 can or 102 ounces)
- 1 small white onion (¼ pound)
- 2 tablespoons chopped garlic (⅔ ounce or 6 cloves)
- 1 cup vegetable or olive oil
- 2 teaspoons ground cumin
- 4 teaspoons dried oregano
- 1 tablespoon salt

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 3 TABLESPOONS

Slice the jalapeños in half lengthwise. Remove the stems and most of the seeds from the jalapeños.

Place jalapeños, tomatoes and their juice, onion, garlic, oil, cumin, oregano, and salt in a food processor, blender, or in a large container for the immersion blender; pulse to desired consistency.

Let sit for 30 minutes and then serve.

This keeps for 3 weeks wrapped well in the refrigerator.

NOTE: *If desired, place the jalapeños directly on an electric stove burner or gas stove grate to put a quick roast on the skins for an extra smokiness. Over low heat, turn peppers as the skin slightly chars. Remove and cool slightly. Then start at step 1 to complete the recipe.*

NUTRITIONAL INFORMATION

CALORIES: 27; SODIUM: 104.36 MG; SATURATED FAT: 9.89%

USDA REQUIREMENTS MET

N/A