



Fire Roasted Salsa



Ingredients



- 2 lbs. Roma tomatoes
- 1 cup carrots, chopped
- 1 cup green and red bell peppers, chopped
- 1 jalapeno pepper
- 1 large white onion, sliced
- 3 garlic cloves, minced
- 1/2 bunch cilantro, chopped
- 1 Tbsp. fresh lime juice
- 1/2 tsp. oregano
- 1/4 tsp. cumin
- Salt and pepper to taste

Yield: 4 servings
Serving Size:



Directions



1. Preheat your oven to broil or 500 F.
2. Place the tomatoes, onion, jalapeño, carrots, peppers and garlic in a single layer on a baking sheet.
3. Cook the vegetables until charred, about 10 minutes.
4. Transfer the cooked vegetables to a food processor or blender and pulse until coarsely pureed.
5. Transfer the salsa to a bowl. Add the cumin, the lime juice, the oregano, the cilantro, and season with salt and pepper to taste. Give everything a good stir.
6. Refrigerate or serve warm right away.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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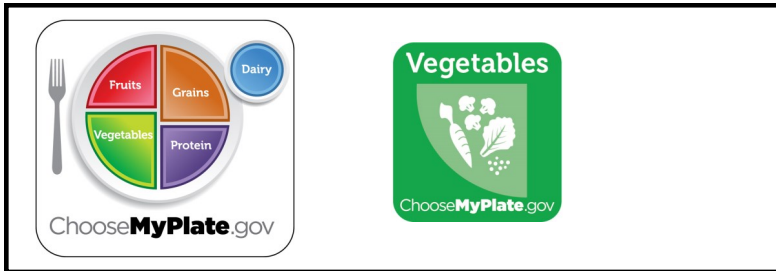
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Fast Facts



Featured Food Groups



Cooking Tips

- Instead of broiling, grill the vegetables on medium-high heat until blackened on all sides.
- Use less jalapeno if you want a less spicy salsa.
- Serve with homemade tortilla chips!

Nutrition Facts



Nutrition Facts	
8 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	40
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.54mg	4%
Potassium 376mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

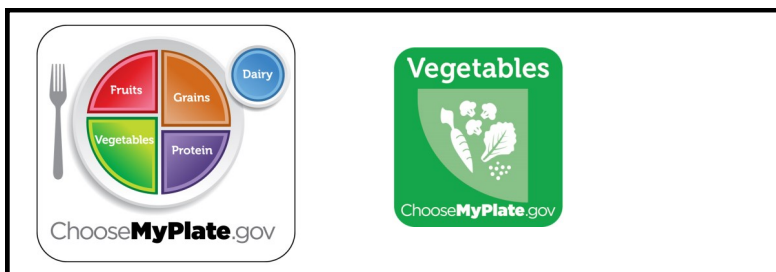
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