

Tomato Salsa

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, canned, diced	2 lb 4 oz	4 1/2 cups	4 lb 8 oz	2 qt 1 cup	<ol style="list-style-type: none"> 1. Combine the tomatoes, onion, peppers, lime juice, salt, and pepper. Refrigerate for several hours, allowing the flavors to develop. 2. Adjust seasoning if necessary. 3. Serve with a No. 30 dipper.
Red onion, minced	9 oz	1 2/3 cups	1 lb 2 oz	3 1/3 cups	
Green bell pepper, fresh or frozen and thawed, chopped	9 oz	1 3/4 cups	1 lb 2 oz	3 cups 6 tbsp	
Lime juice (plus as needed)	3 1/2 oz	7 tbsp	7 oz	3/4 cup 2 tbsp	
Table salt (plus as needed)		1 tsp		2 tsp	
Black pepper, ground		1/2 tsp		1 tsp	
Cilantro or parsley, fresh, chopped	1 oz	1/2 cup	2 oz	1 cup	

* Measure tomatoes after removing seeds and draining the tomatoes. The seeds and juice of the tomatoes may be reserved and used as a flavor enhancement in soups, grain dishes, vegetables.

Recipe Notes:

Add jalapeño peppers, Tabasco, or cayenne for a hotter salsa.

Tomato salsa complements a variety of Southwestern or Tex-Mex dishes such as fajitas, burritos, or enchiladas, grilled meats, fish, or poultry.



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Serving Notes:

One 1-ounce serving provides 1/8 cup of vegetable.
Serve using a #30 scoop.

	50 Servings	100 servings
Total Weight:	3 lb 7 oz	6 lb 14 oz
Total Volume	7 1/2 cups	15 cups
Serving Size (weight):	1 oz	1 oz
Serving Size (volume):	2 tbsp	2 tbsp

Nutrients Per Serving					
Calories	5	Saturated Fat	0 g	Iron	>1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	mg
Carbohydrate	2 g	Vitamin A-RE	4 mcg	Sodium	50 mg
Total Fat	0	Vitamin C	7 mg	Dietary Fiber	>1 g

