

## Salsa



### Utensil:

3 Qt./2.8 L Sauce Pan with Cover  
7" Santoku Knife

**Rate** ★★★★★

### Recipe:

### Contributed By:

Fit for Cooking, Inc.  
Authorized Saladmaster Dealer. Visit Fit for Cooking, Inc.'s  
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### Recipe Description:

With just 5 ingredients, this simple to make salsa recipe will become a staple in your home.

- 6 tomatoes, cut in quarters
- 1 white onion, chopped in to large squares
- 6 garlic cloves, peeled, whole
- $\frac{2}{3}$  bunch of fresh cilantro, approximately 1 cup
- 2 jalapeños, sliced  $\frac{1}{3}$ -inch thick

### Directions:

1. Place all ingredients in sauce pan and cover. Cook over medium heat.
2. When Vapo-Valve™ clicks steadily, reduce temperature to low, stir with spoon and cook for 25 minutes.
3. Serve as is or blend salsa to desired consistency.

### Nutritional Information per

#### ▼ Serving

Analysis for entire batch

**Calories:** 241

**Total Fat:** 2g

**Saturated Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 74mg

<b>Total</b>	53g
<b>Carbs:</b>	
<b>Dietary Fiber:</b>	14g
<b>Sugar:</b>	28g
<b>Protein:</b>	11g

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