

## Peach Apple Salsa

Yield: about 7 pint jars

6 cups (2-1/4 lbs) chopped Roma tomatoes	4 tablespoons mixed pickling spice
2-1/2 cups diced yellow onions	1 tablespoon canning salt
2 cups chopped green bell peppers	2 teaspoons crushed red pepper flakes
10 cups (3-1/2 lbs) chopped, hard, unripe peaches	3-3/4 cups packed light brown sugar
2 cups chopped Granny Smith apples	2-1/4 cups cider vinegar (5%)

### Procedure

1. Wash and rinse pint canning jars: keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Place pickling spice on a clean, double-layered, 6-inch square piece of 100% cheesecloth.\* Bring corners together & tie with a clean string. (\*or use a purchased muslin spice bag)
3. Wash & peel tomatoes (place washed tomatoes in boiling water for 1 minute, immediately place in cold water, and slip off skins). Chop into 1/2-inch pieces. Peel, wash and dice onions into 1/4-inch pieces. Wash, core and seed bell peppers; chop into 1/4-inch pieces. Combine chopped tomatoes, onions & peppers in a 8- or 10- quart Dutch oven or saucepot.
4. Wash, peel and pit peaches; cut into halves and soak in Fruit Fresh™ per directions on package or for 10 min. in ascorbic acid solution (1500 mg in half gallon water). Wash, peel and core apples; cut into halves and soak for 10 minutes in Fruit Fresh™ or ascorbic acid solution. Quickly chop peaches and apples into 1/2-inch cubes to prevent browning. Add chopped peaches and apples to the saucepot with the vegetables.
5. Add the pickling spice bag to the saucepot; stir in salt, red pepper flakes, brown sugar and vinegar. Bring to boiling, stirring gently to mix ingredients. Reduce heat and simmer 30 minutes, stirring occasionally. Remove spice bag from pan and discard.
6. With a slotted spoon, fill salsa solids into hot, clean pint jars, leaving 1-1/4 inch headspace (about 3/4 pound solids in each jar). Cover with cooking liquid, leaving 1/2-inch headspace.
7. Remove air bubbles and adjust headspace, if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.
8. Process in a boiling water canner according to the recommendations in Table 1. Let cool, undisturbed, 12 to 24 hours and check for seals.

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Brochure adapted from *Preparing Salsa*  
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# PREPARING SALSA

Source: National Center for Home Food  
Preservation

Visit: [nchfp.uga.edu/](http://nchfp.uga.edu/)

for recipes & nutritional information

## Preparing Peppers for Use in Salsa

**CAUTION:** Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

The jalapeno peppers do not need to be peeled. The skin of long green chiles may be tough and can be removed by heating the peppers.



Usually when peppers are finely chopped, they do not need to be peeled. If you choose to peel chiles, slit each pepper along the side to allow steam to escape. Peel using one of these two methods:

⇒ *Oven or broiler method to blister skins*  
Place chiles in a hot oven (400° F) or broiler for 6 to 8 minutes until skins blister.

⇒ *Range-top method to blister skins-*  
Cover hot burner (either gas or electric) with heavy wire mesh. Place peppers on burner for several minutes until skins blister.

⇒ *To Peel*—after blistering skins, place peppers in a pan and cover with a damp towel. Allow to steam for 5 to 10 minutes. Slip off skins, discard seeds and chop.

## Chile Salsa (Hot Tomato-Pepper Sauce)

Yield: 6 to 8 pints

5 lbs tomatoes	1 cup vinegar (5%)
2 lbs chile peppers	3 tsp salt
1 lb onions	1/2 tsp pepper

Please read [Using Boiling Water Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#). Both articles @ [http://nchfp.uga.edu/how/can\\_salsa/chile\\_salsa.html](http://nchfp.uga.edu/how/can_salsa/chile_salsa.html)

### Procedure:

Peel and prepare chile peppers as described. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores. Coarsely chop tomatoes and combine chopped peppers, onions, and remaining ingredients in a large saucepan. Heat to boil, and simmer 10 minutes. Fill jars, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations in Table 1.

Table 1. Recommended process time for Chile Salsa, Tomato/Tomato Paste Salsa and Peach Apple Salsa, in a boiling-water canner.			
		Process Time at Altitudes of	
Style of Pack	Jar Size	0 - 1,000 ft.	1,001 - 6,000 ft.
Hot	Pints	15 minutes	20 minutes

Yield: 7 to 9 Pints

## Tomato/Tomato Paste Salsa

3 quarts tomatoes -peeled, cored, chopped	2 cups bottled lemon or lime juice
3 cups onions, chopped	1 tablespoon salt
6 jalapeno peppers, seeded, finely chopped	1 tablespoon sugar
4 long green chiles, seeded, chopped	1 tablespoon ground cumin (optional)
4 cloves garlic, finely chopped	2 tablespoons oregano leaves (optional)
2 12-ounce cans tomato paste	1 teaspoon black pepper

**Procedure: Hot Pack:** Prepare peppers as described. Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 30 minutes, stirring occasionally. Ladle hot into clean, hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids. Process in a boiling-water canner according to the recommendations in Table 1.

**IMPORTANT:** The only change you can safely make in this salsa recipe is to change the amount of spices & herbs. *Do not* alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. *Do not* substitute vinegar for the lemon juice.