

Big Batch Tomato Salsa

By: Low Glycemic Meals in Minutes, Laura Kalina and Cheryl Christian

Ingredients:

6 large tomatoes, seeded and diced
2 red bell peppers, diced
2 green bell peppers, diced
1 sweet white onion, diced
1 jalapeno pepper, diced (optional)
1/2 cup vinegar
1 (6 oz.) tomato paste (use only if you want a thicker salsa)
4 garlic cloves, minced
1/2 cup fresh cilantro, chopped (optional)
3 tbsp lime juice (fresh squeezed is best)
2 tbsp lemon juice (fresh squeezed is best)
1 tsp chili powder
1 1/2 tsp dried oregano
1 tbsp dried parsley
1 tsp salt
1 tsp pepper

Instructions:

1. In a large bowl combine all ingredients.
2. Cover and refrigerate for at least 1 hour, or overnight for flavors to blend. Keeps up to 4 days refrigerated.

Makes 30 servings.

