

Home Canning Salsa

Salsas are usually mixtures of high acid foods, such as tomatoes and/or fruit, with low acid foods, such as onions and peppers. With the addition of lemon juice, citric acid, or vinegar in the right proportion, salsa becomes a high acid food and can be safely processed in a boiling water canner. However, only research-based recipes should be used. Other salsa recipes, found on the internet, in published books, or from grandma's recipe stash, should not be home canned unless they have been properly tested for safety. Enjoy those salsas fresh, or frozen for longer storage.

The recipes included in this publication are research-based for safe home canning. Do not change the proportions of ingredients. However, one variety of pepper can be substituted for another in the same amount (for example, bell peppers for hot peppers to make a milder salsa). Likewise, red, yellow, or white onions may be used, as long as the total amount of onions in the recipe is not increased. Green tomatoes may be used in place of ripe tomatoes, but the flavor will be different. The amount of lemon juice, lime juice, or vinegar should never be changed. To ensure a safe level of acidity in the final product,

use only bottled lemon or lime juice and commercial vinegar that is at least 5 percent acidity. Sugar may be added to taste if desired, and spices and herbs can be varied.

Wear plastic or rubber gloves while cutting or handling hot peppers to prevent hands from being burned. Wash hands with soap and water immediately afterward. Do not touch your face or eyes.

Altitude affects processing times. The processing times given in this publication are based on canning at or below 1,000 feet above sea level. If you live at an altitude greater than 1,000 feet, please consult the web site for the National Center for Home Food Preservation located at <http://nchfp.uga.edu/>.

For more information on safe home canning, please see *Home Canning Basics*, publication FCS3-578.



Step-By-Step Canning

Boiling Water Method

1. Assemble all equipment and utensils.
2. Visually examine jars, lids and bands for defects. Wash in hot, soapy water and rinse well. Place the jars in simmering water to keep hot until filled. Dry the bands and set aside. Follow the manufacturer's instructions for preparing the lids. Many no longer require preheating before use. Do not boil the lids.
3. Fill the boiling water canner half full of clean warm water. Center the canner over the burner and preheat the water to 180°F. Begin preparing the recipe while the water is preheating. It will take about 20 to 30 minutes for the water to begin to boil.
4. Use top-quality ingredients; wash fresh produce well. Prepare salsa, following the directions given in the recipe. Do not change the proportions of ingredients used or reduce the amount of lemon juice, lime juice, or vinegar specified. Cook as directed.
5. Immediately fill hot salsa into hot jars, leaving the headspace specified in the recipe, usually ½ inch. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe jar rims with a dampened clean paper towel. Center lids on jars and apply bands fingertip tight. Do not over tighten.
6. Load filled jars into the canner, using a jar lifter. Keep jars upright at all times. Add boiling water to cover the jars by one to two inches. Turn the heat up so the water boils vigorously and place the lid on the canner.
7. Begin timing the process when the water has reached a full boil. Set a timer for the total number of minutes indicated in the recipe. The water must remain at a boil for the whole processing time. Add boiling water, if necessary, to keep the water level at least one inch above the jar tops.
8. When the processing time specified in the recipe is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.
9. Remove jars from canner, keeping them upright. Carefully place them onto a towel, leaving a one-inch space between the jars for proper cooling.
10. After 12 to 24 hours, test seals and remove bands.
11. Wash outside of jars and lid surfaces. Label and store sealed jars in a cool, dark, dry place for up to two years. Use within one year for best quality. If jars do not seal, refrigerate and consume contents within one week.
12. Enjoy your very own salsa.

Recipes for Beginners

Medium Salsa

Ingredients

- 6 pounds fresh tomatoes (about 18 medium) OR 6 cans (14.5 ounces) petite diced tomatoes
- ½ cup white or cider vinegar (5% acidity)
- 1 pouch (4 ounces) Mrs. Wages' Medium Salsa Mix

Directions

- Prepare tomatoes: Scald fresh tomatoes for 3 minutes in boiling water. Dip into cold water. Cut out cores, remove skins, and chop coarsely. If using canned tomatoes, do not drain liquid.
- Combine tomatoes, vinegar and salsa mix in a large saucepan and bring to a boil. Stir occasionally. Reduce heat and simmer 10 minutes, stirring occasionally.
- Pour hot salsa into hot pint jars, leaving ½-inch head space. Remove air bubbles and adjust head-space if needed. Wipe jar rims with a dampened clean paper towel; apply two-piece metal caps.
- Process 40 minutes in a boiling water canner.

Yield: about 5 pint jars

Nutritional Analysis (2 tablespoons): 15 calories, 0 g fat, 3 g carbohydrate, 0 g protein

Recipe adapted from the Mrs. Wages' package. Used with permission of Kent Precision Food Group, 11457 Olde Cabin Rd., St. Louis MO 63141, for educational purposes only.

Recipes for Beginners

Traditional Salsa

Ingredients

- 7 cups diced, seeded, peeled, cored tomatoes
- 6 green onions, sliced
- 2 jalapeño peppers, diced
- 4 cloves garlic, minced
- ½ cup vinegar
- 2 tablespoons bottled lime juice
- 4 drops hot pepper sauce
- 2 tablespoons minced cilantro
- 2 teaspoons salt

When cutting or seeding hot peppers, wear plastic or rubber gloves. If a less hot salsa is desired, seed jalapeño peppers before dicing.

Directions

- Prepare tomatoes: Peel tomatoes by dropping into boiling water for 30 to 60 seconds or until the skins begin to split. Remove from the boiling water and dip immediately into cold water. The skins will slip off easily. Remove cores and seeds; dice.
- Combine all ingredients in a large saucepan. Bring mixture to a boil. Reduce heat and simmer 15 minutes.
- Ladle hot salsa into hot pint or half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel; apply two-piece metal caps.
- Process 15 minutes in a boiling water canner.

Yield: about 4 pint jars or 8 half-pint jars

Nutritional Analysis (2 tablespoons): 5 calories, 0 g fat, 1 g carbohydrate, 0 g protein

Recipe adapted from Jarden Home Brands website. Used with permission from <http://www.freshpreserving.com/recipes.aspx> for educational purposes only.

Recipes for Beginners

Pineapple Chili Salsa

Ingredients

- 4 cups cubed, seeded, peeled papaya
- 2 cups canned pineapple pieces, drained, juice reserved (about one 20-ounce can)
- 1 cup golden raisins
- ½ cup chopped, seeded Anaheim, poblano, or hot banana peppers
- 2 tablespoons minced green onions
- 2 tablespoons minced cilantro
- 2 tablespoons brown sugar
- 1 cup bottled lemon juice
- ½ cup bottled lime juice
- ½ cup pineapple juice

When cutting or seeding hot peppers, wear plastic or rubber gloves. If a hotter salsa is desired, leave some seeds in peppers before chopping.

Directions

- Combine all ingredients in a large saucepan. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and simmer, stirring frequently, until slightly thickened, about 10 minutes.
- Ladle hot salsa into hot half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel; apply two-piece metal caps.
- Process 15 minutes in a boiling water canner.

Yield: about 6 half-pint jars.

Nutritional Analysis (2 tablespoons): 25 calories, 0 g fat, 6 g carbohydrate, 0 g protein

Recipe adapted from Jarden Home Brands website. Used with permission from <http://www.freshpreserving.com/recipes.aspx> for educational purposes only.

Intermediate Recipes

Tomato/Green Chile Salsa

Ingredients

- 3 cups peeled, cored, chopped tomatoes
- 1 jalapeño pepper, seeded and finely chopped
- 3 cups prepared Anaheim, ancho, Hungarian yellow wax, or other mild long green chile peppers
- $\frac{3}{4}$ cup chopped onions
- 6 cloves garlic, finely chopped
- $1\frac{1}{2}$ cups vinegar
- $\frac{1}{2}$ teaspoon ground cumin (optional)
- 2 teaspoons oregano leaves (optional)
- $1\frac{1}{2}$ teaspoons salt

When cutting or seeding hot peppers, wear plastic or rubber gloves. If a hotter salsa is desired, leave some seeds in peppers before chopping.

Directions

- Prepare peppers: The jalapeño pepper does not need to be peeled. The skin of long green chiles may be tough after canning and can be removed by heating the peppers. Slit each pepper along the side to allow steam to escape. Blister the skins by placing in a hot oven (400°F) or broiler for 6 to 8 minutes, or by placing on a hot gas or electric burner covered with heavy wire mesh for several minutes. Once the skins blister, place peppers in a pan and cover with a damp cloth. Cool several minutes; peel off skins. Discard seeds and chop.
- Combine all ingredients in a large saucepan. Bring mixture to a boil, stirring frequently. Reduce heat and simmer for 20 minutes, stirring occasionally.
- Ladle hot salsa into hot pint jars, leaving $\frac{1}{2}$ -inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel; apply two-piece metal caps.
- Process 15 minutes in a boiling water canner.

Yield: about 3 pint jars

Nutritional Analysis (2 tablespoons): 10 calories, 0 g fat, 1 g carbohydrate, 1 g protein

Recipe adapted from *So Easy to Preserve*. Used with permission for educational purposes only.

Intermediate Recipes

Salsa Verde

Ingredients

- 7 cups chopped, cored, peeled green tomatoes
- 5 to 10 jalapeño, habanero or Scotch bonnet peppers, seeded and finely chopped
- 2 cups chopped red onion
- 2 cloves garlic, finely chopped
- ½ cup bottled lime juice
- ½ cup loosely packed, finely chopped cilantro
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano OR 1 tablespoon fresh oregano, minced
- 1 teaspoon salt
- 1 teaspoon black pepper

When cutting or seeding hot peppers, wear plastic or rubber gloves. If a hotter salsa is desired, leave some seeds in peppers before chopping.

Directions

- Combine tomatoes, peppers, onion, garlic and lime juice in a large saucepan. Bring to a boil. Stir in cilantro, cumin, oregano, salt, and pepper. Reduce heat and simmer 5 minutes.
- Ladle hot salsa into hot half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel; apply two-piece metal caps.
- Process 20 minutes in a boiling water canner.

Yield: about 6 half-pint jars

Nutritional Analysis (2 tablespoons): 10 calories, 0 g fat, 2 g carbohydrate, 0 g protein

Recipe adapted from Jarden Home Brands website. Used with permission from <http://www.freshpreserving.com/recipes.aspx> for educational purposes only.

Intermediate Recipes

Tomato/ Tomato Paste Salsa

Ingredients

- 3 quarts peeled, cored, chopped slicing tomatoes
- 3 cups chopped onions
- 6 jalapeño peppers, seeded, finely chopped
- 4 long green chiles (e.g. Anaheim, ancho, or Hungarian yellow wax), seeded and chopped
- 4 cloves garlic, finely chopped
- 2 12-ounce cans tomato paste
- 2 cups bottled lemon or lime juice
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 tablespoon ground cumin (optional)
- 2 tablespoons oregano leaves (optional)
- 1 teaspoon black pepper

When cutting or seeding hot peppers, wear plastic or rubber gloves. If a hotter salsa is desired, leave some seeds in jalapeño peppers before chopping.

Directions

- Prepare peppers: The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough and can be removed by heating the peppers. If you choose to peel the chiles, slit each pepper along the side to allow steam to escape. Blister the skins by placing in a hot oven (400°F) or broiler for 6 to 8 minutes, or by placing on a hot gas or electric burner covered with heavy wire mesh for several minutes. After blistering the skins, place peppers in a pan and cover with a damp cloth. Cool several minutes; slip off skins. Discard seeds and chop.
- 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 salsa into hot pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel; apply two-piece metal caps.
- Process 15 minutes in a boiling water canner.

Yield: about 7 to 9 pint jars

Nutritional Analysis (2 tablespoons): 10 Calories, 0 g fat, 3 g carbohydrate, 0 g protein

Recipe adapted from *USDA Complete Guide to Home Canning*. Used with permission for educational purposes only.

Advanced Recipes

Tomatillo Green Salsa

Ingredients

- 5 cups chopped tomatillos
- 1½ cups seeded, chopped long green chiles (e.g. Anaheim, ancho, or Hungarian yellow wax)
- ½ cup seeded, finely chopped jalapeño peppers
- 4 cups chopped onions
- 1 cup bottled lemon or lime juice
- 6 cloves garlic, finely chopped
- 1 tablespoon ground cumin (optional)
- 3 tablespoons dried oregano (optional)
- 1 tablespoon salt
- 1 teaspoon black pepper

When cutting or seeding hot peppers, wear plastic or rubber gloves. If a hotter salsa is desired, leave some seeds in jalapeño peppers before chopping. Green tomatoes may be substituted for the tomatillos in this recipe.

Directions

- Prepare tomatillos: Remove the dry outer husks from tomatillos; wash thoroughly; chop. They do not need to be peeled or seeded.
- Prepare peppers: The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough and can be removed by heating the peppers. If you choose to peel the chiles, slit each pepper along the side to allow steam to escape. Blister the skins by placing in a hot oven (400°F) or broiler for 6 to 8 minutes, or by placing on a hot gas or electric burner covered with heavy wire mesh for several minutes. After blistering the skins, place peppers in a pan and cover with a damp cloth. Cool several minutes; slip off skins. Discard seeds and chop.
- Combine all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil. Reduce heat and simmer for 20 minutes, stirring occasionally.
- Ladle hot salsa into hot pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel; apply two-piece metal caps.
- Process 15 minutes in a boiling water canner.

Yield: about 5 pint jars

Nutritional Analysis (2 tablespoons): 10 calories, 0 g fat, 2 g carbohydrate, 0 g protein

Recipe adapted from *USDA Complete Guide to Home Canning*. Used with permission for educational purposes only.

Advanced Recipes

Peach Apple Salsa

Ingredients

- 6 cups peeled, chopped (½-inch) Roma tomatoes
- 2½ cups diced (¼-inch) yellow onions
- 2 cups cored, seeded, diced (¼-inch) green bell peppers
- 10 cups peeled, pitted, chopped (½-inch) hard, unripe peaches
- 2 cups peeled, cored, chopped (½-inch) Granny Smith apples
- 4 tablespoons mixed pickling spice, tied in spice bag
- 1 tablespoon canning salt
- 2 teaspoons crushed red pepper flakes
- ¾ cups packed light brown sugar
- ¼ cups cider vinegar

Directions

- Combine tomatoes, onions and peppers in a large saucepan.
- Prepare peaches and apples: Prepare ascorbic acid solution (1500 mg in half gallon water). Peel and pit peaches; cut into halves and soak for 10 minutes in ascorbic acid solution. Peel and core apples; cut into halves and soak for 10 minutes in ascorbic acid solution. After soaking and draining, quickly chop peaches and apples to prevent browning. Add chopped peaches and apples to the saucepan with the vegetables.
- Add the pickling spice bag to the saucepan; stir in the salt, red pepper flakes, brown sugar, and vinegar. Bring to a boil, stirring gently to mix ingredients. Reduce heat and simmer 30 minutes, stirring occasionally. Remove spice bag and discard.
- With a slotted spoon, fill salsa solids into hot pint jars, leaving 1¼-inch headspace. Cover with cooking liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel; apply two-piece metal caps.
- Process 15 minutes in a boiling water canner

Yield: about 7 pint jars

Nutritional Analysis (2 tablespoons): 35 calories, 0 g fat, 9 g carbohydrate, 0 g protein

Recipe adapted from the National Center for Home Food Preservation website. Used with permission for educational purposes only.

References

- Andress, E.L., & Harrison, J.A. (2011). *So Easy to Preserve* (5th ed.). Athens, GA: Cooperative Extension, University of Georgia.
- Jarden Home Brands (2012). *Ball Blue Book Guide to Preserving*. Daleville, IN: Hearthmark.
- Jarden Home Brands (2013). Find the recipe that's right for you. Retrieved July 17, 2013 from <http://www.freshpreserving.com/recipes.aspx>.
- National Center for Home Food Preservation, University of Georgia (n.d.). How Do I?...Can Salsa. Retrieved July 17, 2013, from http://nchfp.uga.edu/how/can_salsa.html.
- National Center for Home Food Preservation, University of Georgia (July 3, 2008). Burning Issue: Canning Your Own Salsa Recipe. Retrieved July 17, 2013, from <http://nchfp.uga.edu/publications/nchfp/factsheets/salsa.html>.
- United States Department of Agriculture (2009). *USDA Complete Guide to Home Canning* (Agriculture Information Bulletin No. 539). Retrieved July 17, 2013, from http://nchfp.uga.edu/publications/publications_usda.html.

Authors

Sandra Bastin, PhD, RD, LD, CCE, Extension Food and Nutrition Specialist

Debbie Clouthier, BS, Extension Associate

Mention or display of a trademark, proprietary product, or firm in text or figures does not constitute an endorsement and does not imply approval to the exclusion of other suitable products or firms.