

Salsa

Meal Components: Vegetable, Vegetable - Red / Orange

Sauces, Condiments & Dressings, C-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned diced tomatoes, with juice	1 lb 5 oz	2 1/2 cups 1/2 Tbsp (3/4 No. 2-1/2 can)	2 lb 10 oz	1 1/4 qt 1/2 Tbsp (1 1/2 No. 2-1/2 cans)	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a food processor or blender. Puree until smooth.
*Fresh onions, chopped		1/4 cup	2 1/2 oz	1/4 cup 3 Tbsp	
OR		OR		OR	
Dehydrated onions		2 Tbsp		1/4 cup	
Canned tomato paste	6 oz	1/2 cup 2 Tbsp (1/2 12 oz can)	12 oz	1 1/4 cups (1 12 oz can)	
Water		1 cup 2 Tbsp		2 1/4 cups	
Garlic powder		1/2 tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Ground cumin		1/2 tsp		1 tsp	
Salt		1 tsp		2 tsp	

Canned diced tomatoes, with juice 14 oz

1 1/2 cups 3 Tbsp 1 lb 12 oz
(1/2 No. 2-1/2 can)

3 1/4 cups 2 Tbsp
(1 No. 2-1/2 can)

2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve. CCP: Hold at 40 degrees F or colder.

3. Portion with 2 oz ladle (1/4 cup).

Notes

Special Tips:

- 1) Serve with broken tortilla pieces for dipping.
- 2) An equal volume of fresh, diced tomatoes may be used in place of the canned, diced tomatoes.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	2 oz	4 oz

Serving	Yield	Volume
1/4 cup (2 oz ladle) provides 1/4 cup of vegetable.	25 Servings: 3 lb 4 oz	25 Servings: 1 quart 2 1/4 cups
	50 Servings: 6 lb 8 oz	50 Servings: 3 quarts 1/2 cup

Nutrients Per Serving

Calories	18	Saturated Fat		Iron	
Protein	1 g	Cholesterol		Calcium	16 mg
Carbohydrate	4 g	Vitamin A	400 IU	Sodium	157 mg
Total Fat		Vitamin C	9 mg	Dietary Fiber	1 g