

# Salsa

Vegetable

Dips, Sauces, and Toppings

C-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned diced tomatoes	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a blender or food processor. Puree until smooth.  2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve.
*Onions, minced OR		1/4 cup		1/2 cup	
Dehydrated onion flakes		1 tsp		2 tsp	
Tomato paste	5 oz	1/2 cup	10 oz	1 cup	
Water		2 cups		1 qt	
Garlic powder		1/2 tsp		1 tsp	
Dry oregano leaves		1 tsp		2 tsp	
Ground cumin		1/2 tsp		1 tsp	
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp		1/4 cup	
Canned diced tomatoes	1 lb	2 cups	2 lb	1 qt	
*See Marketing Guide					

## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	2 oz	4 oz

SERVING:	YIELD:	VOLUME:
2 Tbsp (1-oz ladle) provides 1/8 cup of vegetable	<b>25 Servings:</b> 3 lb 7 oz	<b>25 Servings:</b> 1 qt 2 cups
	<b>50 Servings:</b> 6 lb 14 oz	<b>50 Servings:</b> 3 qt

### Special Tip:

1. If the food processor does not hold the entire amount of water, put half of the water in the food processor with the puree and the other half in the bowl.
2. Serve with broken tortilla pieces for dipping.
3. Fresh, diced tomatoes may be used in place of the canned, diced tomatoes.

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## Nutrients Per Serving

<b>Calories</b>	18	<b>Saturated Fat</b>	0 g	<b>Iron</b>	.5 mg
<b>Protein</b>	1 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	14 mg
<b>Carbohydrate</b>	4 g	<b>Vitamin A</b>	39 RE/389 IU	<b>Sodium</b>	164 mg
<b>Total Fat</b>	.2 g	<b>Vitamin C</b>	9 mg	<b>Dietary Fiber</b>	1 g