

# Salsa

Vegetable

Dips, Sauces, and Toppings

C-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned diced tomatoes, with juice	1 lb 5 oz	2 ½ cups ½ Tbsp (¾ No. 2-½ can)	2 lb 10 oz	1 ¼ qt ½ Tbsp (1 ½ No. 2-½ cans)	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a food processor or blender. Puree until smooth.  2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve.  3. Portion with 2 oz ladle (¼ cup).
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
Water		1 cup 2 Tbsp		2 ¼ cups	
Garlic powder		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Ground cumin		½ tsp		1 tsp	
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp		¼ cup	
Canned diced tomatoes, with juice	14 oz	1 ½ cups 3 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 ¼ cups 2 Tbsp (1 No. 2-½ can)	

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (2 oz ladle) provides ¼ cup of vegetable.	<b>25 Servings:</b> 3 lb 4 oz	<b>25 Servings:</b> 1 quart 2 ¼ cups
	<b>50 Servings:</b> 6 lb 8 oz	<b>50 Servings:</b> 3 quarts ½ cup

Tested 2004

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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.

Nutrients Per Serving					
<b>Calories</b>	18	<b>Saturated Fat</b>	0.02 g	<b>Iron</b>	0.41 mg
<b>Protein</b>	0.64 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	16 mg
<b>Carbohydrate</b>	4.23 g	<b>Vitamin A</b>	400 IU	<b>Sodium</b>	157 mg
<b>Total Fat</b>	0.11 g	<b>Vitamin C</b>	8.5 mg	<b>Dietary Fiber</b>	0.7 g