

# Chop & Mix Fresh Salsa



**TIP:** Using fresh ingredients makes for a potently flavorful, crisply refreshing chop & mix salsa that can be used with tortilla chips, in sandwiches, as a side dish, or any way you like.

**Preparation Time:** 10-20 minutes

## **Ingredients** (to make about 2 cups)

**2 Medium Sized Ripe Tomatoes**

**1 Bell Pepper** (I like using red, yellow, or orange bell peppers because they are more flavorful and sweeter than green bell peppers, though any bell pepper will work)

**3-4 Garlic Cloves**

**1/2 Onion** (I'm using a red onion, but any onion will work)

**Handful of Fresh Cilantro**

**1 Lime**

**1 Teaspoon Ground Cumin**

**1/2 - 1 Jalapeño Pepper**

**1/2 Teaspoon Salt (optional)**

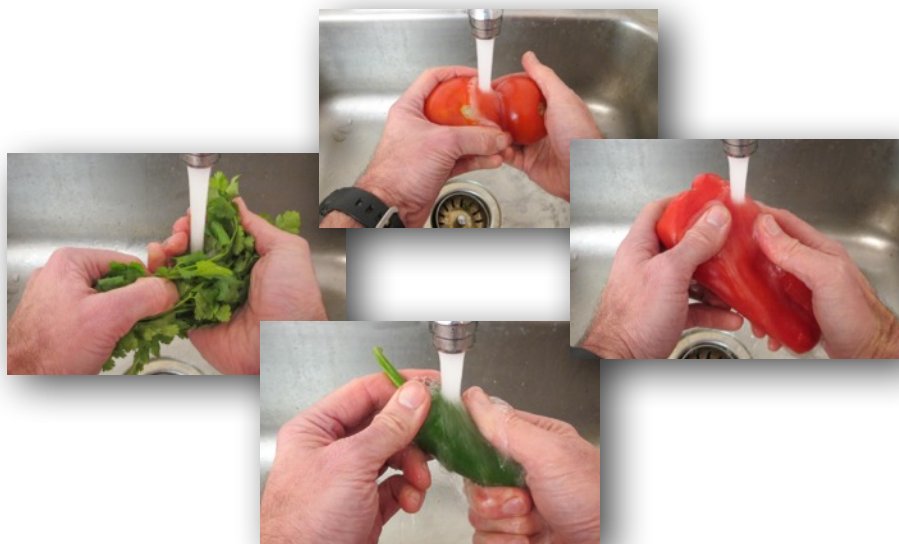


## Equipment

Large Bowl  
Cutting Board  
Wide-Bladed Sharp (Chef's) Knife  
Large Spoon



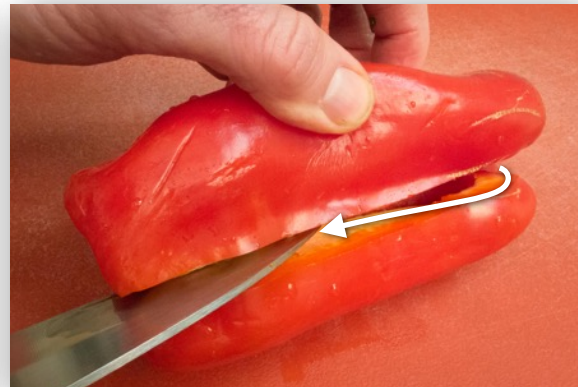
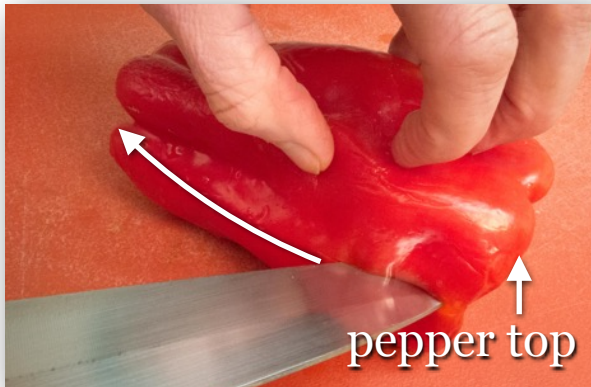
**1. Rinse the tomatoes, bell pepper, jalapeño pepper, and a handful of fresh cilantro with cold water.**



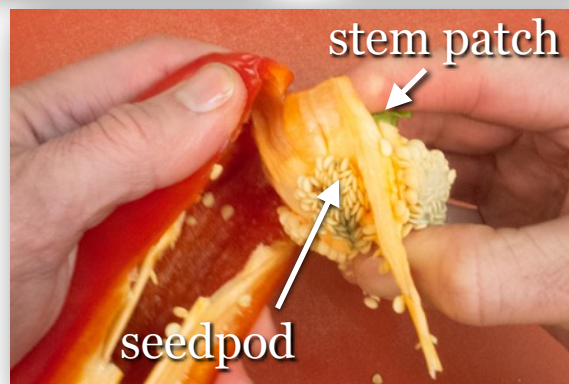


## 2. Chop the following **ingredients** as shown.

**Bell Pepper** - Cut the **pepper** in half lengthwise starting at the edge of the **stem patch** at the top of the **pepper** and continuing that cut around the **pepper** until you get to the other side of the **stem patch**.



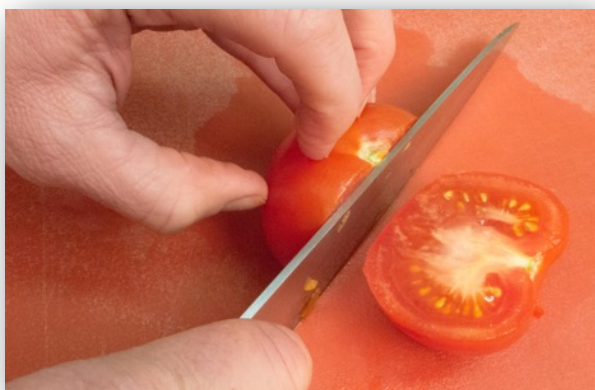
Pull the **pepper halves** apart and remove the **seedpod** and **stem patch**.



**Cut each pepper half** into lengthwise strips about 1/4 inch (6 mm) wide, and then cut those **strips** in cross section into pieces also about 1/4 inch (6 mm) wide.

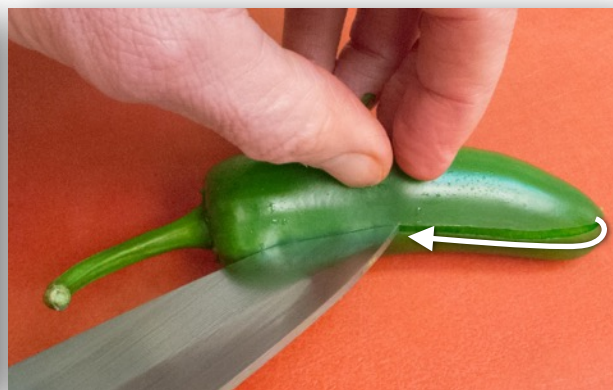
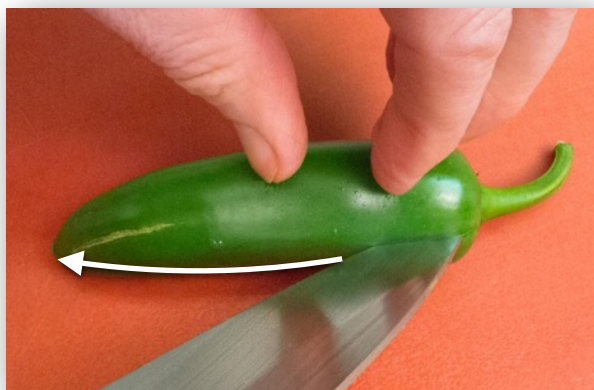


**Tomatoes** - Cut each tomato in half lengthwise, and cut each tomato half first into slices about 1/4 inch (6 mm) wide and then cut the **slices** into cross section pieces also 1/4 inch (6 mm) wide.

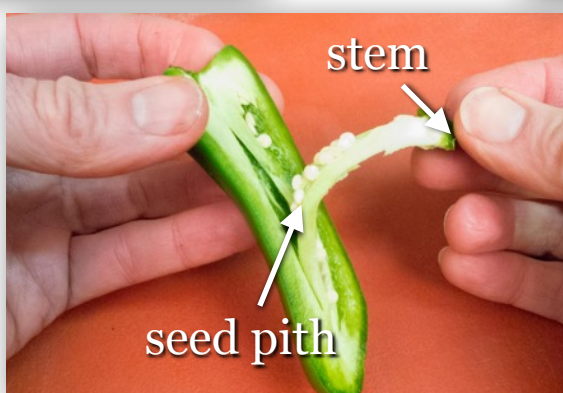




**Jalapeño Pepper** - Cut the jalapeño pepper in half lengthwise starting from the top of one side of the pepper next to the stem and continuing that cut around the pepper to the other side of the stem at the top of the pepper.



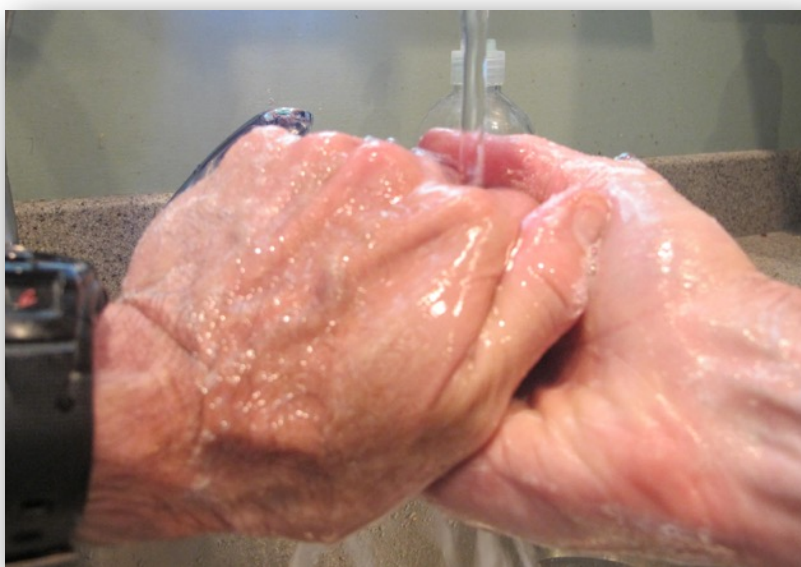
Pull the jalapeño pepper halves apart and remove the seed pith and stem.



Cut **1-2 pepper halves** (depending on how spicy you want the salsa) into lengthwise strips  $\frac{1}{8}$  -  $\frac{1}{4}$  inch (3-6 mm) wide, and then cut those **strips** in cross section also into pieces also  $\frac{1}{8}$  -  $\frac{1}{4}$  inch (3-6 mm) wide.

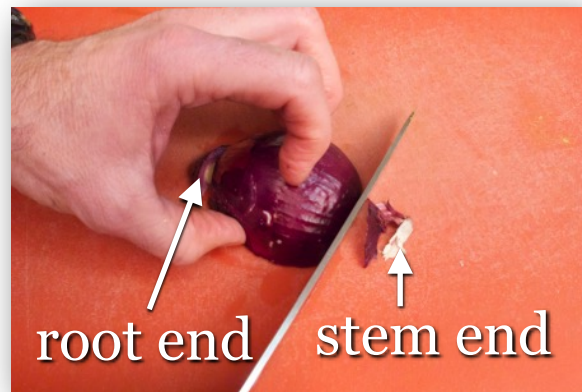
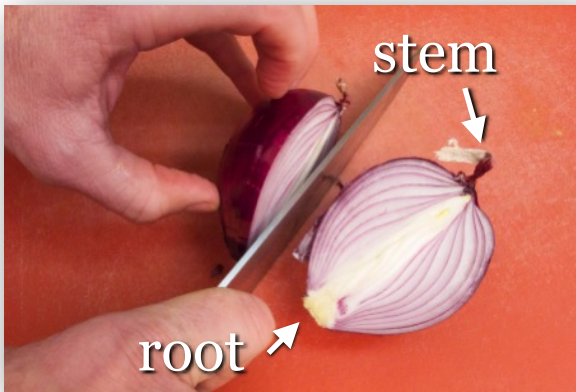


**NOTE:** After chopping the **jalapeño pepper**, make sure to give your hands a good scrubbing wash with soap to avoid later feeling a burning sensation in your fingers.

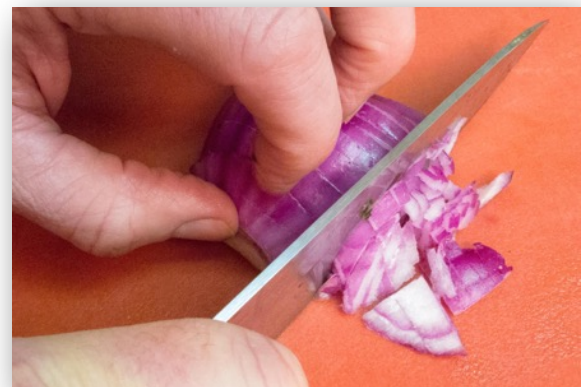
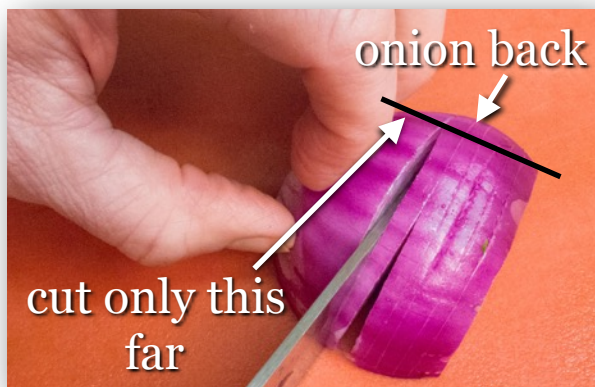


**Onion** - Cut an **onion** in half lengthwise, cut off the **stem and root ends** from one of the onion halves, and peel off the **onion skin**.





Cut cross section slices about  $\frac{1}{8}$  inch (3 mm) wide into the **onion**, making sure not to cut through the **onion back**, which will keep the **onion half** intact like the binding of a book when you next cut those **slices** in cross section into pieces also about  $\frac{1}{8}$  inch (3 mm) wide as shown in the picture to the right below.

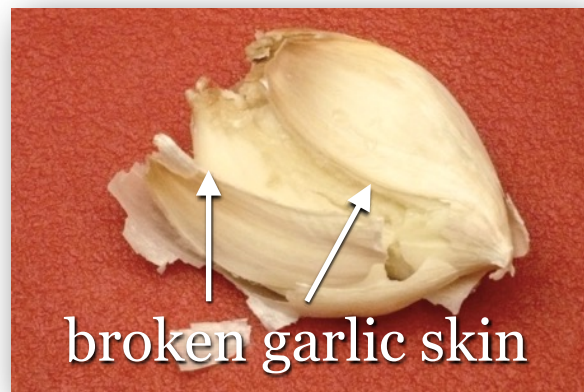




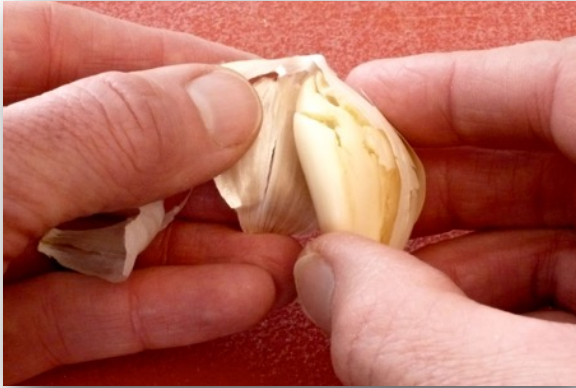
**Garlic - Pull 3-4 garlic cloves from a garlic bulb.**



**Cover one garlic clove a time, with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the garlic skins pop open.**



**Peel off the garlic skins. Then hold the garlic cloves securely to the cutting board with curled fingers, and let the side of the knife blade touch and glide along your curled knuckles as you cut the garlic into thin slices about 1/8 inch (3 mm) wide.**



Finish by chopping the **garlic slices** into smaller pieces about as shown below.



**Cilantro** - Twist and remove the bottoms of the **cilantro stems**. Then bunch and hold the **cilantro** to the cutting board with curled fingers and chop it into smaller pieces about as shown in the two bottom pictures below.





Cut a **lime** in half.



3. Put all the **chopped ingredients** in a large bowl.



**Squeeze on the juice from both lime halves.**



**Add 1/2 teaspoon (or as much as shown in the left photo below) salt (optional) and a good shake of ground cumin.**





## 4. Stir with a big spoon until...



**...all the ingredients** are well mixed together about like this.

