



NUTRITION TIP:

This fresh blender salsa contains vitamins, antioxidants, and fiber. Tomatoes are rich in lycopene, an antioxidant that supports heart health. Preparing your own salsa allows you to control the sodium content, making it a healthier alternative to store-bought versions. If using prepared tomatoes, choose no-salt-added, BPA-free cans or cartons.

CULINARY TIP:

Use tomatoes that are ripe and in season or use canned tomatoes for a sweet, rich flavor that will yield the best results. If you prefer a chunkier salsa, pulse the blender in short bursts to avoid over-blending. Let the salsa sit in the refrigerator for at least 1 hour before serving, allowing the flavors to meld and intensify.

Blender Salsa

Salsa, which means "sauce" in Spanish, originated in ancient Aztec, Mayan, and Incan civilizations. It was traditionally made using tomatoes, chilies, and other local ingredients. Over centuries, salsa became a staple in Mexican cuisine, with countless variations emerging across different regions. Today, it is enjoyed worldwide as a flavorful dip or topping. This blender salsa recipe pays homage to those early traditions while offering a quick, modern twist for convenience.

Total time: 70 minutes **Active Time:** 10 minutes **Inactive Time:** 60 minutes

Yield: 6–7 servings as a topping; 3–4 tablespoons per serving

Equipment: high-powered blender or food processor, large spoon or silicone or rubber spatula, measuring spoons, measuring cups, chef's knife, gripper cutting board; can opener

INGREDIENTS

- 1 28-ounce. can of unsalted, diced tomatoes
- 1 yellow onion
- 1 bunch fresh cilantro
- 1 small fresh jalapeño or serrano pepper (optional)
- 1 garlic clove
- ½ teaspoon ground cumin, chili powder, paprika, etc.)
- ½ teaspoon ground chili powder
- ¼ teaspoon salt (kosher, coarse sea, substitute, etc.)

DIRECTIONS

1) Prepare the vegetables

Trim the top off the onion and then peel off the outer skin and top layer if needed. Cut the onion in half from top to core and then cut each side in half again. You should have four quarters. Remove the core (root) from each quarter. Wash and cut the spicy pepper in half. Remove its seeds and white ribs if desired to limit its heat. Slice into medium (½ - inch) pieces. Ensure you wash your hands and clean your cutting board after chopping spicy peppers. Rinse and shake dry the cilantro, using the leaves and soft stems only. Trim the garlic clove and slice into quarters. Open the can of tomatoes reserving a half cup of liquid.

2) Blend and taste

Add the tomatoes, onion, spicy pepper, cilantro, and garlic to the blender. Add the ground cumin, chili powder, and salt. Pulse until the ingredients begin to combine. Then, blend on low, stopping every few seconds to scrape down the sides with a spatula or spoon until the mixture is smooth. If the blender struggles to blend, add reserved liquid from tomato can 1 tablespoon at a time until the desired consistency is reached. Taste and adjust the flavor with more seasonings as needed.

3) Chill

Refrigerate for at least 1 hour to chill. Use this time to clean your workstation or prepare your meal. Serve with chips or as a topping on your favorite meal. Refrigerate leftover salsa for up to 5 days.

This recipe follows a framework presented in the *Mix It Up* cookbook. The book presents dozens of other frameworks and various resources to equip you to use recipe frameworks to make your own delicious dishes.

