

Secret Salsa Recipes Revealed

Traverse Bay Farms – Winner of 18 National Food Awards



www.traversebayfarms.com

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Contents

Legal Notice:-.....	4
Black and White Salsa.....	7
Creamy Salsa Dip	7
Mexican Food To Go Favorite Salsa Recipes.....	10
Fresh Tomato Salsa Recipe	11
Salsa De Picante Recipe	12
Habanero Salsa.....	13
Hot Salsa.....	14
Original Mexican Salsa Recipe	14
Spicy Jalapeno Salsa	15
Hot Salsa.....	15
Guadalajara Salsa	16
Carrot Salsa	16
Pico de Gallo	17
Chipotle Salsa	17
Chipotle Pepper Sauce	18
Ultimate Nightmare Salsa	19
House Salsa.....	20
Corn and Tomato Salsa	20
Roasted Chicken Legs with Plum Chile Salsa	21
10 Years To Find Salsa.....	21
SCARY SALSA.....	23
Basic Salsa with Any Kind of Dry Chiles	23
Fresh Tomato Salsa	24
White Salsa.....	24

Secret Salsa Recipes Revealed – Traverse Bay Farms

Adobo Herb Salsa	24
Artichoke Salsa.....	26
Beef and Salsa Dip	26
Black Bean Salsa	27
Black Beans con Jalapeno.....	27
Black-Eyed Pea Salsa	28
Corn and Bean Salsa with Avocado	28
Cucumber Salsa.....	29
Fresco Salsa	29
Eggplant Salsa and Homemade Pita Chips	30
Fresh California Salsa	31
Garden Tomato Salsa	32
Gator Salsa	33
Green Salsa	34
Jersey Summer Salsa	35
Jill's Salsa.....	35
Roasted Tomatillo and Garlic Salsa	36
Roasted Tomato Salsa I.....	37
Roasted Tomato Salsa II.....	38
Salsa Ninety Nine (Mild).....	39
Simple Garlic Salsa.....	40
Simple Texas Salsa	40
Southwestern Cactus Salad	41
Spicy Bean Salsa	42
Spicy Salsa	42

Secret Salsa Recipes Revealed – Traverse Bay Farms

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Company Information:-

Traverse Bay Farms fruit and gourmet salsa was voted #1 salsa in America two years in a row. Our salsa's have won 18 national food awards including awards from America's Best Professional Food Competition and the Scovie Awards. The America's Best food competition is the nation's largest and most respected food show in America. While the Scovie's is the nation's largest fiery food competition. Here is an overview of the awards we won:

Scovie Awards

Salsa - Fruit Category:

- 1st Place, Salsa,Fruit, for Traverse Bay Farms Pineapple Salsa
- 2nd Place, Salsa,Fruit, for Traverse Bay Farms Red Raspberry Salsa
- 3rd Place, Salsa,Fruit, for Traverse Bay Farms Peach Salsa

Salsa -Unique Category:

- 1st Place, Salsa,Unique, for Traverse Bay Farms Corn Salsa
- 2nd Place, Salsa,Unique, for Traverse Bay Farms Black Bean Salsa

BBQ Sauce – Fruit Category:

- 1st Place,Barbecue Sauce,Fruit-Based, for Traverse Bay Farms Red Raspberry BBQ Sauce
- 2nd Place,Barbecue Sauce,Fruit-Based , for Traverse Bay Farms Apple BBQ Sauce

Unique Mustard Category:

- 3rd Place, Unique Mustard for Traverse Bay Farms Sweet Jalapena Mustard

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America's Best National Food Competition Awards

Salsa General – All Category:

1st PLACE: Traverse Bay Farms – Peach Salsa

2nd PLACE: Traverse Bay Farms – Corn Salsa

Salsa – Fruit Category:

1st PLACE: Traverse Bay Farms – Pineapple Salsa

2nd PLACE: Traverse Bay Farms – Raspberry Salsa

3rd PLACE: Traverse Bay Farms – Peach Salsa

Salsa – Bean Category:

1st PLACE: Traverse Bay Farms – Bean Salsa

Visit our website at www.traversebayfarms.com to learn more about our awards and our selection of award winning salsas. You can also contact us toll-free at 1-877-746-7477.

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RED HOT SALSA Recipe

1 (16 oz.) can tomatoes or 6 peeled fresh tomatoes (if in season)
1/2 sm. onion, diced
2 jalapeno peppers, chopped
2 garlic cloves, minced
1 tsp. sugar
1 tsp. chili powder
1/2 tsp. salt (more or less)
1/2 tsp. black pepper
1 tbsp. cilantro
2 tbsp. apple cider vinegar

Directions: Combine all ingredients in food processor or blender and mix for 10-15 seconds or until all ingredients are of desired consistency. Serve with tortilla chips or as sauce on assorted foods.

Salsa Italiano

Ingredients

1 lb. (2 large) fresh tomatoes, seeded and diced
1/2 cup chopped red onion
1 can (2.25 oz.) sliced ripe olives
1 jar (6 oz.) marinated artichoke hearts
2 Tbsp. lemon juice
2 garlic cloves, finely chopped
3 Tbsp. chopped fresh basil
1/4 tsp. crushed hot red pepper flakes
1/4 tsp. salt
1/8 tsp. ground black pepper

Directions: In a medium bowl, combine tomato, onion and olives. Slice artichoke hearts, reserving marinade. Stir sliced artichoke hearts into tomato mixture; set aside. In a small bowl, whisk together lemon juice, garlic, basil, pepper flakes, salt, black pepper, and 2 Tbsp. artichoke marinade. Gently mix dressing with tomato mixture. Serve with roast or barbecued chicken.

Black and White Salsa

1-1/2 Cups Cooked and Drained Black Beans or 1 16-ounce Can Black Beans, Drained
1-1/2 Cups Cooked and Drained Great Northern Beans or 1 16-ounce Can Great Northern Beans
1 Cup Diced Tomatoes
3 Tablespoons White Wine Vinegar
1/4 Cup Chipped Cilantro
1/4 Cup Chopped Red Onion
2 Tablespoons Chopped Jalapeno Pepper
2 Cloves Garlic, Minced
1/2 Teaspoon Salt and Sugar
1/8 Teaspoon Ground Black Pepper

Directions: In medium bowl, toss everything together. Serve.

Creamy Salsa Dip

2 cups Plain Yogurt
1 cup prepared salsa
3 tablespoons chopped fresh cilantro
1 teaspoon salt
In a small bowl, combine yogurt and salsa. Mix well. Stir in cilantro and salt. Cover and keep refrigerated until ready to use

Salsa Cheeseburgers

1 package (about 1 1/4 pounds) PERDUE? FIT 'N EASY? Fresh Ground Turkey Breast Meat, Ground Turkey, or Ground Chicken
1 cup Spicy Salsa (recipe follows) or prepared tomato salsa, well drained
1 tablespoon chopped cilantro
1/4 teaspoon salt
3/4 cup shredded Cheddar cheese
8 slices French or Italian bread or 4 hamburger rolls
Mayonnaise
Shredded lettuce
Avocado slices
Red onion slices
Additional Spicy Salsa (optional)
Lime or lemon wedges (optional)
Instructions:

Prepare outdoor grill for cooking or preheat broiler.
In medium bowl, combine ground turkey, 1 cup salsa, cilantro and salt. Form turkey mixture into 4 burgers.

Grill or broil burgers 5 to 6 inches from heat source 5 minutes on each side or until no longer pink in center. Just before removing burgers from grill, sprinkle cheese over tops; cover and cook about 1 minute or until cheese melts.

Grill or broil bread lightly, if desired. Serve burgers between bread slices, topping burgers with choice of mayonnaise, shredded lettuce, avocado slices, red onion slices and/or additional salsa. Garnish with lime or lemon wedges.

Spicy Salsa: In medium bowl, combine 1 pound ripe plum tomatoes (about 5), seeded and finely chopped, 1/4 cup minced white or yellow onion, 1 fresh hot green chili pepper, seeded and minced or 2 tablespoons canned chopped green chilies, 1 garlic clove, minced, 2 tablespoons lime juice, 1 tablespoon chopped fresh cilantro (coriander) sprigs (optional) and salt to taste.

Directions: Cover and refrigerate 30 minutes or up to 24 hours before serving; longer storage can reduce salsa's fresh flavor and texture. Makes about 1 cup.

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Ready In: 45 minutes

Servings: Makes 4 servings

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Salsa Chicken Sandwiches

1 package (10 1/2 ounces) frozen breaded chicken breast patties
4 whole wheat sandwich buns, split
8 teaspoons purchased black bean dip
1/4 cup thick-and-chunky salsa
1/2 cup shredded lettuce
Cook chicken in oven as directed on package, adding buns, cut side up, the last 3 to 4 minutes of cooking time until lightly toasted.
Spread bottom half of each bun with 2 teaspoons dip. Top each with Chicken patty; spread with 1 tablespoon salsa. Top each with 2 tablespoons Lettuce and top of bun.
Makes 4 sandwiches

Mexican Food To Go Favorite Salsa Recipes

4 medium tomatoes, peeled and chopped
1/2 cup finely chopped onion (up to 1 cup)
1/2 cup finely chopped celery
1/4 cup finely chopped green pepper (bell pepper)
1/4 cup oil
2 tbsp finely chopped green chiles
2 tbsp red wine vinegar
1 tsp mustard seed
1 tsp cilantro (coriander) seed, crushed (or fresh cilantro leaves)
1 tsp salt

Directions: Combine all ingredients. Cover and chill, stirring occasionally. Serve with corn chips.

Two Tomato Salsa.

2 c diced unpeeled plum tomato
1 c unpeeled green tomato
1/2 c diced green bell pepper.
1/4 c chopped purple onion.
1 tbsp finely chop jalapeno pepper
1 tbsp finely chop fresh cilantro
1 clove minced garlic
1/4 tsp salt.
1/8 tsp coarsely ground pepper.

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2 tbsp fresh lime juice
1 tbsp olive oil.

Directions: Combine all ingredients in a bowl. Stir well. Serve at room temperature or chilled. Use a slotted spoon to serve with corn tortilla wedges, poultry, or fish.

Yield: 3 cups

Fresh Tomato Salsa Recipe

4 to 6 medium tomatoes
2 to 3 white onions
1 can black olives.
3 to 4 green chiles
2 Tbsp. vinegar
2 Tbsp. oil.

Directions: Chop tomatoes, onions, olives & green chiles in very small pieces. Combine oil and vinegar, pour over tomato mixture. Serve with corn or taco chips. For best flavor, chill for several hours before serving.

Salsa De Picante Recipe

2 large cans tomatoes, chopped
3 small cans green chilies, chopped.
2 small cans jalapeno peppers, chopped
2 large onions, chopped.
6-10 garlic cloves, chopped
1 tbsp salt.

Directions: Place all ingredients in a large pot and bring to a boil. Boil for 5 minutes.
Cool & refrigerate.

Habanero Salsa

Ingredients:

2 tb Olive oil
1 md Onion -- chopped
1 Green bell pepper --
Chopped
1 Red bell pepper -- chopped
1/2 c Chicken broth
4 Chiles habanero -- minced
6 md Tomatoes -- skinned & diced
2 cn Tomatoes -- diced
2 tb Lime juice
2 tb Lemon juice
1 ts Dried coriander leaf
1 ts Oregano
1 tb Sugar or honey -- optional
Salt and pepper -- to taste
1/4 c Fresh parsley -- chopped
2 Anaheim chili pepper -- Chopped

Directions: Saute the onions, bell peppers, and anaheims in the oil for a few minutes then add the chicken broth and saute until the broth is about gone. Add the habaneros (I roasted mine first), the diced tomatoes (okay, I added the extra two cans to cut the heat down a bit, so if you want it super hot you can eliminate the cans or a couple of the habaneros), lime and lemon juices, coriander, oregano, sugar, salt and pepper. Simmer for 20 or 30 minutes and add the parsley and simmer a few more minutes.

Hot Salsa

Ingredients:

3 md Tomatoes
3 To 4 jalapeno peppers
Onion -- your choice
Oregano -- dash
Salt and pepper as you like

Directions: In saucepan boil tomatoes and peppers. Drain water and remove skin from tomatoes. put in blender with remaining ingredients and blend for a minute or until smooth, unless you prefer your salsa chunky.

Original Mexican Salsa Recipe

2 Jitomates (2 tomatoes)
1/2 cebolla (1/2 an onion)
1 diente de ajo (1 clove garlic)
chile serrano al gusto (chopped fresh chilli) 1tsp for mild 4 for freaking hot.
Peel the tomatoes by blanching, remove the skins and scoop out the seeds.

Directions: Dice all the ingredients, season with salt and pepper serve the salsa mexicana after at least one hour.

Spicy Jalapeno Salsa

6 jalapenos, stems/ seeds removed, chopped
6 tomatoes, skins and seeds removed , chopped
1 tsp Salt
1/2 White onion, chopped
1/2 Cup Cilantro, chopped
2 Cloves garlic, chopped
1 red pepper, roasted, skin and seeds removed and chopped fine
1 green pepper, roasted, skin and seeds removed and chopped fine
1 cucumber skinned and seeds removed then chopped fine

Directions: Mix 10z of each tequila, white wine vinegar with 2 tsp of white sugar until dissolved and toss into the vegetable garnish. Mix well and then place in an airtight container over night before using.

Hot Salsa

1 Red onion diced fine
1 Red pepper diced fine
6 Red chilli's chopped
1 tsp dry chilli powder
2 cloves garlic crushed
1 tsp Salt
6 tomatoes skin and seed removed and diced fine
1 tsp Cumin seeds and 1 tsp coriander seeds crushed in a mortar and pestle.
zest and juice from 3 limes and 2 lemons (chop the zest)
2 tsp of brown sugar

Directions: To make the hot salsa dissolve sugar in lemon juice and then mix thru all other ingredients, store covered in the fridge for 24 hours stirring occasionally.

Guadalajara Salsa

1 lb ripe tomatoes, seeded and roughly chopped
2 c spicy vegetable juice
1/2 c chili sauce
1 1/2 tb fresh lime juice
1/2 c green onions, thinly sliced
1 medium avocado, cut in inch dice
1 c diced jicama
1 c fresh corn off the cob
1/8 ts salt
fresh ground pepper
1/2 c cilantro leaves, coarsely chopped

Directions: To make the guadalajara salsa In a blender, puree tomatoes, vegetable juice, chili sauce and lime juice until smooth. Pour into a large bowl. Stir in onions, avocado, jicama, corn, salt and pepper. Chill the guadalajara salsa for at least 2 hours.

Carrot Salsa

1/2 - cup baby carrots, diced
1 – tablespoon red onion, diced fine
1 – tablespoon red bell pepper, diced fine
1 – tablespoon yellow bell pepper, diced fine
1 – tablespoon cilantro, chopped
1 – green chile pepper, diced fine
1 – tablespoon fresh lemon juice
1/8 – teaspoon salt
1/2 - teaspoon fresh ground pepper

Directions: In a glass-mixing bowl, you want to combine carrots, red onion, red and yellow bell pepper, cilantro, green chile, lemon juice, salt, and pepper. Cover with plastic wrap and place in refrigerator for 30 minutes.

Pico de Gallo

Servings: about 4 cups
2 large vine-ripened tomatoes, finely diced
1/2 large onion, finely diced
1/3 cup finely chopped cilantro
4 large radishes, finely diced
2 jalapeños, seeded and finely diced
2 tablespoons fresh lime juice
1 garlic clove, minced
3/4 teaspoon coarse salt

Directions: Combine all of the ingredients in a bowl and serve.
The Pico de Gallo can be refrigerated overnight.

Chipotle Salsa

Servings: about 2 Cups
6 small tomatillos, husked
5 large garlic cloves
4 plum tomatoes
1/4 large onion
3 canned chipotle chiles in adobo, seeded and finely chopped,
with 2 teaspoons of the adobo sauce
3 tablespoons finely chopped fresh cilantro
Coarse salt
1/2 teaspoon sugar

Directions: Heat a large cast-iron skillet. When it is very hot, add the tomatillos, garlic cloves, tomatoes and onion and cook over low heat, turning frequently, until blackened in spots and softened, 8 to 10 minutes. Transfer the vegetables to a plate and let cool. Put the tomatillos, garlic, tomatoes and onion in a food processor and pulse until coarsely chopped. Add the chipotles and adobo sauce, cilantro, salt and sugar and pulse just until combined.

Chipotle Pepper Sauce

Makes about 2 1/2 cups

1 medium red bell pepper
1/2 cup diced pineapple (1/2 inch)
1/2 cup diced mango (1/2 inch)
1/2 cup diced papaya (1/2 inch)
1 small starfruit, sliced 1/4 inch thick
1 medium jalapeño chile, seeded and minced
1/4 cup fresh lemon juice
2 tablespoons fresh lime juice
Salt and freshly ground white pepper
2 tablespoons minced fresh cilantro

The salsa can be refrigerated for up to 6 hours. Serve with pork, Italian sausage, chicken, any meaty or firm white-fleshed fish, shrimp, etc.

Directions: Roast the bell pepper over a gas flame or under a broiler, turning often, until charred. Transfer to a paper bag and let steam for 5 minutes. Peel the charred skin and discard the core, ribs, and seeds. Finely chop the pepper.

Combine all the ingredients except the cilantro in a medium bowl. Stir in the cilantro and serve chilled or at room temperature.

Ultimate Nightmare Salsa

20 Roma tomatoes
10 cloves of roasted garlic
1 large onion
1 green pepper
6 chiles de Habanero
1/4 cup honey
2 teaspoons cilantro
2 tablespoons fresh basil
1 tablespoon kosher salt
2 teaspoons white pepper

Cut 10 romas in half across widthwise and squeeze out the seeds and stuff. discard the juice.

Chop the tomatoes into chunks.

Directions: Take the rest of the ingredients and put into a blender or food processor and rough chop.

Combine the 2 stages, mix well and refrigerate overnight. It is not necessary to let it set overnight but it tastes so much better the following day. I liked the honey in this recipe, it gives it a sweet and spicy flavor (I suppose spicy is quite an understatement).

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House Salsa

1 bunch green onions, trimmed, cut into 1-inch pieces, and/or 1/3 cup red onion, chopped
3 cloves garlic
1/4 cup coarsely chopped fresh cilantro leaves
A 4-ounce can chopped green chiles
A 28-ounce can tomatoes, with juice (or better yet, about 2 cups chopped fresh vine-ripened tomatoes, in season)
Juice of 1 lime
1 tablespoon olive oil
1 teaspoon seasoned salt or Cajun seasoning blend

Additional hot stuff as desired - Tabasco, jalapeño, whatever you like...

Directions: Using a food processor, place the onion, garlic and cilantro leaves in the work bowl, and pulse a few times to chop. Scrape down the sides of the bowl with a rubber spatula and add the remaining ingredients. Pulse a few more times - enough to achieve a uniformly chunky consistency. Let the salsa ripen at room temperature for an hour or longer. If you like a traditional "soupy" salsa, stir in 1/4 cup ice water at serving time. Adding ice water to cool the salsa is preferable to refrigerating it, since that changes its flavor and texture for the worse. Makes about 1 1/2 to 2 cups.

Corn and Tomato Salsa

1 cup fresh corn kernels (from 2 small ears) or frozen, thawed
1 large tomato, seeded, chopped
2/3 cup chopped red onion
1/2 cup chopped fresh cilantro
2 tablespoons olive oil
1 tablespoon fresh lemon juice
1/2 teaspoon ground cumin
1/2 to 1 jalapeño chili, seeded, minced
1 avocado, pitted, peeled, chopped
Fresh cilantro sprigs

Directions: Mix all ingredients together in a large bowl, cover and chill before serving.
Plum Chile Salsa

Roasted Chicken Legs with Plum Chile Salsa

1 pound ripe purple or red plums (about 4 large), diced (about 3 cups)
1/3 cup minced red onion
½ cup finely chopped fresh cilantro
¼ cup finely chopped fresh mint leaves
1 teaspoon minced seeded fresh jalapeño (wear rubber gloves)
1 tablespoon fresh lime juice
2 teaspoons sugar, or to taste

Directions: In a bowl, stir together the plums, onion, cilantro, mint, jalapeño, lime juice and sugar. Salt and pepper to taste.

10 Years To Find Salsa

Ingredients

20 each Tomatoes - Roma
1 can Whole Peeled Tomatoes - Large Can
1 bunch Fresh Cilantro - Leaves Only
1 tbs Garlic Salt
1 tsp Cumin
3 each Jalapeno Peppers - the entire pepper
1 each Habanero Pepper - the entire pepper
1 each Fresh Lime Juice - squeezed
1 each Large White Onion - diced small
1 pkg Sazon Goya Seasoning

Directions For Making 10 Years To Find Salsa:

It took me about 10 years to perfect this recipe. I'm often told that I should market it. You must consume this within 24 hours after preparation because fresh ingredients will become bitter.

ENJOY!

In blender - add tomatoes, cilantro, peppers, garlic salt, lime juice, seasoning.....everything except the onions. Blend together at low speed. Pour into large bowl. Dice onions separately with a sharp knife, do not use blender. Add diced onions to mixture. Chill and serve with tortilla chips.

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Note: If mixture is too thick add a little tomato juice or water. If too thin, a small can of crushed tomatoes or tomato sauce works fine.

SCARY SALSA

Ingredients

5 RED TOMATOES 5 GREEN TOMATOES 1 HABANARO PEPPER | LARGE HUNGARIAN WAX HOT PEPPER 2 CHILLIE PEPPERS 2 HALIPINO PEPPERS.. THE FLAVOR OF EACH MAKES THIS THE BEST SALSA. 2 CLOVES OF GARLIC 1 TLBS SALT 1 TLBS SUGAR. 2/3 CUP OF WATER.....PREPARE TOMATOES AS IF YOU WERE CANNING THEM. CORE AND SKIN...

Directions For Making SCARYLARRY SALSA:

COOK ALL TOGETHER AFTER BEING BLENDED FOR 1 HOUR ON LOW HEAT CHILL AND ENJOY ITS HOT BUT IRRESISTABLE ENJOY ALL

Basic Salsa with Any Kind of Dry Chiles

Yield: 4 servings

6 lg Chiles dry (morita or mulato

Or guajillo or any kind) if

The chiles are littles like

Jalapeños or serranos, use

15 chiles.

1/2 md Onion

1/4 c Vinegar

1 sm Clove of garlic

Salt

Vegetable oil

The kind of chiles that you use determine the final flavor, you can experiment with different kinds or mixing the different kinds of chiles. But this is the basic recipe for prepare salsas with dry chiles.

Fresh Tomato Salsa

Yield: 3 cups

3 md Tomatoes, seeded, chopped,
(about 3 cups)

1/2 c Sliced green onions (w/tops)

1/2 c Chopped green bell pepper

2 tb To 3 tb lime juice

2 tb Snipped fresh cilantro

1 tb Finely chopped jalepeno

1 ts Finely chopped galic,
(about 3 cloves)

1/2 ts Salt

Mix all ingredients.

White Salsa

Ingredients:

1 c Mayonnaise

1 c Sour cream

3 Limes, juice only

1-1/2 c Chopped cilantro

4 Cloves garlic, minced

1-1/2 c Chopped scallions

1 cn (15 oz) sliced black olives

1/2 ts Tabasco

Instructions:

Mix and refrigerate. Let flavors marry for at least 4 hours

Adobo Herb Salsa

INGREDIENTS:

* 1 (28 ounce) can diced tomatoes

* 1 green bell pepper, diced

* 1/4 cup minced red onion

* 1/4 cup minced fresh cilantro

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- * 1 tablespoon adobo sauce from canned chipotle peppers
- * 1 tablespoon chopped fresh tarragon
- * 1/2 teaspoon salt
- * 2 tablespoons balsamic vinegar

DIRECTIONS:

In a bowl, toss together the tomatoes, bell pepper, onion, cilantro, adobo sauce, tarragon, and vinegar. Season to taste with salt, cover, and refrigerate at least 30 minutes.

Artichoke Salsa

INGREDIENTS:

1 (6.5 ounce) jar marinated artichoke hearts, drained and chopped
3 roma (plum) tomatoes, chopped
2 tablespoons chopped red onion
1/4 cup chopped black olives
1 tablespoon chopped garlic
2 tablespoons chopped fresh basil
salt and pepper to taste

DIRECTIONS:

In a medium bowl, mix together the artichoke hearts, tomatoes, onion, olives, garlic, salt, and pepper. Serve chilled, or at room temperature, with tortilla chips.

Beef and Salsa Dip

INGREDIENTS:

- * 1 pound ground beef
- * 1 (16 ounce) jar salsa
- * 1 (8 ounce) container sour cream
- * 1/2 head iceberg lettuce - rinsed, dried, and shredded
- * 1/2 pound shredded Cheddar cheese

DIRECTIONS:

Place ground beef in a large skillet. Cook and stir over medium heat until browned. Drain off excess fat. Stir in salsa, and simmer over low heat for 10 minutes. Pat cooked meat into bottom of a pie plate, cover, and refrigerate. When meat is completely chilled, spread sour cream over meat. Arrange lettuce evenly over sour cream, and top with Cheddar cheese.

Black Bean Salsa

INGREDIENTS:

- * 3 (15 ounce) cans black beans, drained and rinsed
- * 1 (11 ounce) can Mexican-style corn, drained
- * 2 (10 ounce) cans diced tomatoes with green chile peppers, partially drained
- * 2 tomatoes, diced
- * 2 bunches green onions, chopped
- * cilantro leaves, for garnish

DIRECTIONS:

1. In a large bowl, mix together black beans, Mexican-style corn, diced tomatoes with green chile peppers, tomatoes and green onion stalks. Garnish with desired amount of cilantro leaves. Chill in the refrigerator at least 8 hours, or overnight, before serving.

Black Beans con Jalapeno

INGREDIENTS:

- * 1 (15 ounce) can white hominy, drained
- * 1 (15 ounce) can black beans, rinsed and drained
- * 1 cup diced white onion
- * 1 cup diced green bell pepper
- * 1 cup diced red bell pepper
- * 1 cup diced green onions with tops
- * 1/4 cup seeded and chopped jalapeno pepper
- * 1 (24 ounce) jar picante sauce
- * 2 tablespoons ground cumin
- * 1 tablespoon salt
- * 2 tablespoons white sugar
- * 1/2 cup finely chopped cilantro

DIRECTIONS:

1. In a large bowl, gently stir together the hominy, black beans, onion, green and red peppers, green onion, jalapeno, picante sauce, cumin, salt, sugar and cilantro. Refrigerate at least an hour before serving. Serve with tortilla chips on a bed of lettuce.

Black-Eyed Pea Salsa

INGREDIENTS:

- * 1 cup white rice
- * 2 cups water
- * 2 (15.5 ounce) cans black-eyed peas, drained and rinsed
- * 1 (10 ounce) can diced tomatoes with green chile peppers

DIRECTIONS:

Bring a small pot of rice and water to a boil. Cover pot, reduce heat to simmer and let cook 20 minutes or until rice is tender. In a large saucepan, combine rice, peas, tomatoes and chili. Stir the mixture over a medium heat until it is heated through.

Corn and Bean Salsa with Avocado

INGREDIENTS:

- 1 (16 ounce) package Cascadian Farm® frozen organic sweet corn, thawed and drained
- 1 (14.5 ounce) can Muir Glen® organic diced tomatoes, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 avocado, pitted, peeled and chopped
- 1/2 cup chopped red onions
- 1 clove garlic, finely chopped
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons red wine vinegar
- 1 tablespoon vegetable oil
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS:

Stir together all ingredients.
Refrigerate until ready to serve.

Cucumber Salsa

INGREDIENTS:

2 cucumbers - peeled, seeded and chopped
1 cup sour cream
1 cup plain yogurt
1/4 cup chopped fresh parsley
1/4 cup chopped fresh cilantro
1 teaspoon ground cumin
1/2 teaspoon salt

DIRECTIONS:

In a medium bowl, combine the cucumber, sour cream, yogurt, parsley, cilantro, cumin and salt. Mix well. Cover and refrigerate for 2 hours before serving.

Fresco Salsa

INGREDIENTS:

6 roma (plum) tomatoes, diced
1 sweet onion, diced
1 medium red bell pepper, diced
1 medium yellow bell pepper, diced
1 bunch cilantro, finely minced
1 lime, juiced
1 teaspoon salt, or to taste

DIRECTIONS:

In a bowl, mix the tomatoes, onion, red bell pepper, yellow bell pepper, cilantro, lime juice, and salt. Cover and refrigerate until ready to serve.

Eggplant Salsa and Homemade Pita Chips

INGREDIENTS:

4 medium eggplants
1 large red bell pepper, halved and seeded
4 large tomatoes, seeded and diced
1 clove chopped fresh garlic
1 lime, juiced
salt and pepper to taste
1/4 cup chopped fresh cilantro
1/4 cup olive oil
1 (10 ounce) package pita bread rounds
1/4 cup butter, melted

DIRECTIONS:

Preheat the oven to 400 degrees F (200 degrees C). Slice the tops off of the eggplants, and place on a baking sheet with the red pepper halves. Drizzle with olive oil to lightly coat.

Bake for about 40 minutes in the preheated oven, until eggplant is tender. Remove from the oven, and place the eggplant and peppers into a large resealable bag. Seal, and let sit for 15 minutes to loosen the skin. Remove from the bag, peel off the skins, and dice the eggplants and pepper.

Transfer to a large bowl.

Place the tomatoes, and garlic in to the bowl with the roasted vegetables, and season with salt, pepper and cilantro. Mix until well blended. Set aside.

Set the oven to 300 degrees F (150 degrees C).

Peel apart the pita breads into two thin circles. You may cut off the edges to make it easier. Brush melted butter onto what used to be the inside, and stack together. Cut into strips, then cut across at a diagonal to make diamond shapes. If you have kitchen scissors, it will be easy. Place them on a baking sheet. Bake the pita chips for 5 to 10 minutes in the preheated oven, until lightly toasted. Stir occasionally if they overlap.

Fresh California Salsa

INGREDIENTS:

4 large tomatoes, diced
1/2 large onion, minced
3 cloves garlic, chopped
2/3 cup chopped fresh cilantro
1 jalapeno pepper, seeded and minced
2 tablespoons fresh lime juice
salt to taste

DIRECTIONS:

In a small mixing bowl, combine tomatoes, onion, garlic, cilantro and lime juice. Add jalapenos 2 teaspoons at a time, tasting after each addition to see how hot the salsa has become. Jalapeno peppers vary in heat, so it is important to taste the salsa to ensure you do not make it too hot to handle. Salt to taste. Enjoy!

Garden Tomato Salsa

INGREDIENTS:

1/2 sweet onion, chopped
1/2 green bell pepper, coarsely chopped
1/4 cup fresh cilantro
5 slices pickled jalapeno peppers, or to taste
6 fresh tomatoes, quartered
2 teaspoons olive oil
2 teaspoons red wine vinegar
1/2 lime, juiced
1/8 teaspoon salt

DIRECTIONS:

Place onion, bell pepper, cilantro, and jalapeno peppers into a food processor. Pulse until finely chopped. Add tomatoes, and pulse just a few times until the tomatoes are coarsely chopped.

Transfer to a bowl with a tight-fitting lid. In a separate bowl, whisk together olive oil, red wine vinegar, lime juice, and salt. Pour dressing over tomatoes, and stir well. Cover, and refrigerate for at least 1 hour.

Gator Salsa

INGREDIENTS:

10 pounds ripe tomatoes
2 1/2 pounds green bell peppers, diced
12 jalapeno peppers, seeded and minced
3 habanero peppers, seeded and minced
1 pound green chile peppers, diced
1 1/2 pounds onions, chopped
6 cloves garlic, minced
4 tablespoons white sugar
4 tablespoons ground black pepper
4 tablespoons chopped fresh cilantro

DIRECTIONS:

Bring a large saucepan filled 2/3 full with water to boil. Blanch tomatoes. Drain and rinse with cold water. Peel and chop.

Place tomatoes in a large saucepan with enough water to cover. Bring to a boil and reduce heat to simmer.

In a separate large saucepan, bring approximately 2 quarts lightly salted water to boil. Place green bell peppers, jalapeno peppers, habanero chile peppers, green chile peppers, onions and garlic in the boiling water. Cook until tender, about 15 minutes.

Drain vegetables and stir into saucepan with tomatoes. Mix in white sugar, ground black pepper and chopped fresh cilantro. Simmer 15 to 20 minutes, stirring occasionally. Stir in more water if necessary to attain desired consistency.

Transfer the finished salsa to sterile containers, and store in the refrigerator until serving.

Green Salsa

INGREDIENTS:

8 tomatillos, husked
3 shallots
2 cloves garlic, peeled
1 (4 ounce) can chopped green chile peppers
1/4 cup chopped fresh cilantro
1 fresh jalapeno pepper, seeded
salt to taste

DIRECTIONS:

In a food processor, place tomatillos, shallots, garlic, green chile peppers, cilantro, jalapeno pepper and salt. Using the pulse setting, coarsely chop. Cover and chill in the refrigerator until serving.

Jersey Summer Salsa

INGREDIENTS:

2 ears fresh corn, husked
1 large fresh tomato, chopped
1 large fresh peach, pitted and chopped
1 red onion, chopped
6 pepperoncini peppers, chopped
1 tablespoon green chile pepper, chopped garlic salt to taste

DIRECTIONS:

Bring a large pot of water to a boil. Boil the corn 5 minutes, or until kernels are tender. Drain corn, cool, and cut kernels from cob.

In a food processor, pulse the tomato, peach, red onion, pepperoncini peppers, green chile pepper, and garlic salt until chunky. Transfer to a bowl, and mix in the corn.

Jill's Salsa

INGREDIENTS:

1 bunch fresh cilantro leaves
1 clove garlic
2 fresh jalapeno peppers
1 (28 ounce) can diced tomatoes, drained
1 teaspoon cumin
4 green onions, sliced
1/2 lime, juiced
1 teaspoon olive oil

DIRECTIONS:

1. In a food processor, finely chop the cilantro, garlic, and jalapenos. Place the tomatoes and cumin in the food processor. Coarsely chop the tomatoes. Transfer the mixture to a bowl. Mix in the green onions, lime juice, and olive oil.

Roasted Tomatillo and Garlic Salsa

INGREDIENTS:

1 pound fresh tomatillos, husks removed
1 head garlic cloves, separated and peeled
3 fresh jalapeno peppers
1 bunch fresh cilantro
1/2 cup water, or as needed
salt and pepper to taste

DIRECTIONS:

Preheat the oven's broiler. Arrange the whole cloves of garlic, tomatillos, and jalapenos on a baking sheet. Place under the broiler, and cook for a few minutes. Remove garlic cloves first, as soon as they are toasted, to avoid developing a bitter flavor. Continue to roast jalapenos and tomatillos until evenly charred, turning occasionally. Set aside to cool. Don't remove the charred parts of the tomatillos or the peppers. They add a really nice flavor.

Place peppers and tomatillos in a blender with the garlic and cilantro. Add a little water to the mixture if necessary to facilitate blending. Season with salt and pepper to taste. Refrigerate until serving.

Roasted Tomato Salsa I

INGREDIENTS:

12 roma (plum) tomatoes
2 cloves garlic, unpeeled
1 small onion, quartered
1 jalapeno chile pepper
1 1/2 tablespoons olive oil
1 teaspoon ground cumin
1/4 teaspoon salt
3 tablespoons fresh lime juice
1/4 cup chopped fresh cilantro

DIRECTIONS:

Preheat the broiler.

In a medium baking dish, place roma (plum) tomatoes, garlic, onion and jalapeno chile pepper. Drizzle with olive oil. Checking often, broil 5 to 10 minutes, or until outsides of vegetables are charred. Remove vegetables from heat. Remove and discard tomato cores, jalapeno stem and garlic skins.

In a food processor, coarsely chop the charred vegetables. Transfer to a medium bowl and mix in cumin, salt, lime juice and cilantro.

Roasted Tomato Salsa II

INGREDIENTS:

3 tomatoes, cut into wedges
5 cloves garlic, diced
1 onion, chopped
1 cup water
1/4 teaspoon ground black pepper
1 dash hot pepper sauce
1 teaspoon salt
1 teaspoon hot chili sauce

DIRECTIONS:

Preheat the broiler. On a medium baking sheet, arrange tomatoes, garlic and onion. Place under the broiler.

Checking frequently, heat 15 minutes, or until vegetables are charred. Remove from heat and allow to cool approximately 10 minutes.

Place charred vegetables in a blender or food processor with the water and blend until smooth. Stir in ground black pepper, hot pepper sauce, salt and hot chile sauce. Refrigerate the mixture until serving.

Salsa Ninety Nine (Mild)

INGREDIENTS:

24 pounds tomatoes
1 (12 ounce) can tomato paste
1/2 bunch cilantro
16 jalapeno chile peppers
2 medium heads garlic
6 large green bell peppers, chopped
6 large onions, chopped
9 tablespoons salt
1 cup distilled white vinegar
1/2 cup brown sugar
3/4 cup cornstarch
1/2 cup water

DIRECTIONS:

Core and peel the tomatoes. Remove the tomato seeds and pulp. Put seeds and pulp through a food mill. Chop the outsides of the tomatoes.

In a large pot over low heat, boil the milled liquid and tomato paste for 1 hour, or until the liquid is reduced by 1/3. In a blender or food processor, puree cilantro, jalapeno, garlic and 1/2 cup of the tomato liquid from the large pot. Slowly stir this mixture into the pot.

Bring the contents of the pot to a boil while mixing in the green peppers, onions, chopped tomatoes, salt, vinegar and brown sugar. In a small bowl, dissolve the cornstarch in water. Add the cornstarch mixture to the pot. Stirring continually, boil the mixture until all the vegetable are soft -- about 30 minutes. Allow the mixture to cool, and place it in sterile containers.

Simple Garlic Salsa

INGREDIENTS:

- 1 (14.5 ounce) can diced tomatoes, drained
- 1/2 cup olive oil
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh parsley
- 1 pinch salt
- 1 pinch ground black pepper

DIRECTIONS:

In a medium glass bowl, mix together tomatoes, oil, garlic, parsley, salt and pepper. Cover, and refrigerate overnight, allowing the flavors to 'mix and mingle'.

Simple Texas Salsa

INGREDIENTS:

- 3 tablespoons chopped fresh chives
- 1/2 bunch fresh cilantro
- 2 cloves garlic, chopped
- 2 (14 ounce) cans stewed tomatoes
- 2 serrano chilis, seeded and chopped
- salt and pepper to taste

DIRECTIONS:

Combine chives, cilantro, garlic, tomatoes, peppers, salt and pepper to taste in an electric blender. Pulse until the salsa is to your desired consistency.

Southwestern Cactus Salad

INGREDIENTS:

1 (16 ounce) jar nopales - drained, rinsed, and dried
2 cups chopped tomatoes
1/2 cup diced onion
5 jalapeno peppers, seeded and minced
1/2 cup fresh cilantro leaves
2 lemons
1/2 teaspoon garlic salt (optional)

DIRECTIONS:

In a medium size mixing bowl, combine cactus, tomatoes, onions, jalapenos and cilantro. Squeeze the juice from both lemons over the mixture. Cover and refrigerate for at least 1 hour. Sprinkle with garlic salt (if you'd like) and serve.

Spicy Bean Salsa

INGREDIENTS:

1 (15 ounce) can black-eyed peas
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can whole kernel corn, drained
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1 (4 ounce) can diced jalapeno peppers
1 (14.5 ounce) can diced tomatoes, drained
1 cup Italian-style salad dressing
1/2 teaspoon garlic salt

DIRECTIONS:

In a medium bowl, combine black-eyed peas, black beans, corn, onion, green bell pepper, jalapeno peppers and tomatoes. Season with Italian-style salad dressing and garlic salt; mix well. Cover, and refrigerate overnight to blend flavors.

Spicy Salsa

INGREDIENTS:

4 cups chopped tomatoes
2 cups green bell pepper, chopped
3/4 cup chopped onion
1 cup jalapeno pepper
1 1/2 teaspoons salt
1/2 teaspoon minced garlic
1 1/4 cups cider vinegar

DIRECTIONS:

Place tomatoes, bell peppers, onion, hot peppers, salt, garlic, and vinegar in a saucepan or pot. Bring mixture to a simmer. Cover, and let simmer 50 to 60 minutes. The longer the salsa simmers, the spicier it will become.

Secret Salsa Recipes Revealed – Traverse Bay Farms

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