



FRESH SALSA

made in Kitchen Aid food grinder

2 lbs tomatoes
1 cup cilantro
1/3 green bell pepper
1/2 red onion
2 cloves garlic
1 1/2 tsp salt
2 tbsp lime juice



Chop ingredients small enough to fit through the food grinder. We found it worked better to squeeze out some of the tomato juice/seeds so that the salsa wasn't so runny. Feed ingredients through the food grinder. Begin with a couple of pieces of tomato, feed rest of ingredients and finish with remaining tomatoes to force the other ingredients through the grinder. Add salt and lime juice and stir. Enjoy!

YIELD: approx. 3 cups