

Red Pepper Salsa



Vegetable

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Limes		3		6	1. Juice the limes. 2. Using a chef's knife roughly chop the tomatoes, bell peppers and onions. Make sure to remove the seeds, membranes and stem from the bell peppers and cut off the tomato stems. Place chopped vegetable in a food processor along with the spices and fresh lime juice. Pulse until a salsa like consistency is reached. CCP: Refrigerate until served
Tomatoes	7 lbs.	25 medium	14 lbs.	50 medium	
Red bell peppers	2 ¾ lbs.	10 medium	5 ½ lbs.	20 medium	
Red onion		1 cup		2 cups	
Garlic powder		1 tbsp.		2 tbsps.	
Cumin		1 tbsp.		2 tbsp.	
Paprika		1 tbsp.		2 tbsp.	
Black pepper		1 tsp.		4 tsp.	
Cayenne pepper		¼ tsp.		½ tsp	
Salt		1 tsp		2 tsp	

Serving	Yield	Volume
½ cup of salsa (1 serving provides ½ cup serving of red/orange vegetables)	50 Servings: 25 cups	50 Servings: 2 steamtable pans (12" x 20" x 2 ½")
	100 Servings: 50 cups	100 Servings: 4 steamtable pans (12" x 20" x 2 ½")

Nutrients Per Serving			
Calories	22	Saturated Fat	0.04 g
Protein	0.95 g	Cholesterol	0 mg
Carbohydrate	5.00 g	Vitamin A	1385 IU
Total Fat	0.27 g	Vitamin C	41.77 mg
		Iron	0.46 mg
		Calcium	12.33 mg
		Sodium	51.3 mg
		Dietary Fiber	1.55 g