

# Tomatillo Salsa



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 3

**Prep:** 5 minutes | **Cook:** 30 minutes

## INGREDIENTS

- 4 tomatillos, husks removed and diced
- 1/2 cup diced onion
- 1/2 cup water
- 1 tablespoon ketchup
- 1 teaspoon lemon juice
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 4 sprigs of cilantro, minced
- Pinch of cayenne pepper\*

## DIRECTIONS

1. Wash and dice tomatillos. Place tomatillos and water in a sauce pot. Cook over low heat until tomatillos start to break down and become mushy.
2. Add remaining ingredients and cook for 5 more minutes.
3. Place mixture in blender and blend for 30 seconds.
4. Cool salsa before serving—it will thicken during this time. Serve with chips or your favorite Mexican recipes.

\*Substitutions

Pinch of cayenne pepper → Hot sauce to taste



## Nutrition Information

*Serving Size: 1/3 of recipe*

<b>Total calories</b>	<b>60</b>
<b>Total fat</b>	<b>0 g</b>
Saturated fat	0 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>269mg</b>
<b>Carbohydrates</b>	<b>13 g</b>
Fiber	3 g
Sugar	9 g
<b>Protein</b>	<b>2 g</b>

Recipe source: Greater Chicago Food Depository