

Spicy Salsa – Quick and Easy

This healthy and delicious salsa recipe comes together in just 20 minutes. It will keep in the refrigerator for several days, so you can make double quantities to enjoy with your favourite Mexican or Tex-Mex dishes, or as a snack with your favourite tortilla chips.

Prep time: 10 minutes

Cook time: 10 minutes

Serves: 4

Ingredients:

1 T. extra virgin olive oil
 $\frac{1}{2}$ medium yellow onion, diced small
1 medium green bell pepper, diced small
1 medium jalapeno, finely chopped
Sea salt and black pepper, to taste
2 large tomatoes, seeded and chopped
 $\frac{1}{2}$ t. dried Mexican oregano
 $\frac{1}{4}$ t. smoked paprika
 $\frac{1}{4}$ – $\frac{1}{2}$ t. crushed red pepper flakes
 $\frac{1}{4}$ c. water
 $2\frac{1}{2}$ T. fresh lime juice
2-3 T. fresh coriander, finely chopped

Directions:

1. Heat olive oil in a medium saucepan over medium-high heat. Add onion, bell pepper, and jalapeno and season with salt and black pepper, to taste. Cook, stirring occasionally, until the onion and peppers become soft, around 4-5 minutes.
2. Add tomatoes, Mexican oregano, smoked paprika, crushed red pepper flakes, and water. Stir to combine and reduce heat to medium-low. Continue cooking, stirring

occasionally, for another 4-5 minutes.

3. Remove from heat and set aside to cool for a few minutes. Once slightly cool, puree mixture with an immersion blender, leaving slightly chunky, or transfer to a regular blender or food processor and pulse a couple of times until just blended.

Transfer salsa to a bowl and stir in fresh lime juice and coriander. Season with additional salt and black pepper, if desired. Serve immediately or cover and place in the refrigerator until ready to use. Enjoy!