

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION

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Nutritional Counseling/Weight loss DRX Spinal Decompression Chiropractic Acupuncture Soave Comprehensive Blood Analysis

Herb & Garlic Crisps and Salsa

Ingredients

8 lbs green tomatoes (approximately
16 cups chopped)
6 large onions
6 green peppers
3 sweet red peppers
3 – 6 jalapeño peppers (depending on
taste)
6 garlic cloves, minced
1 cup fresh cilantro, finely chopped
1/4 to 1/2 cup salt (start low and work
up to taste)
1/2 tablespoon black pepper
Cayenne pepper to taste (1/8 to 1/2
tsp)
2 cups vinegar
1 cup lemon juice



Method

Coarsely chop tomatoes, onions, and peppers
Combine all ingredients in a large kettle and mix well
Heat to boiling, then simmer uncovered for 25 minutes, stirring frequently
Ladle mixture into hot pint or quart jars, filling to within 1/4 inch from top
Wipe jar rims with damp cloth or sponge
Adjust lids
Process in hot-water bath or steam canner: 15 minutes for quarts; 10 minutes for
pints (start timer after jars have been placed in canner and water in canner has
returned to boiling)
When processing is complete, remove jars from canner and allow them to cool to
room temperature. Check seals. Label sealed jars and store in pantry
Jars that don't seal can be placed in refrigerator (use within three weeks) or
immediately reprocessed with new lids
Makes about 3 quarts (6 pints)