



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Three-Tomato Salsa

Prep Time: 20 mins

Rest Time: 1 h

Total Time: 20 mins

Ingredients

- 1 pepper(s), chile, green Anaheim, seeded and finely chopped
- 1/4 cup(s) pepper(s), green, bell, chopped
- 1/4 cup(s) scallion(s) (green onions)
- 3 tablespoon cilantro
- 2 tablespoon lime juice, can substitute lemon juice
- 1 pepper(s), jalapeno, seeded and finely chopped
- 1 clove(s) garlic, minced
- 1 1/2 cup(s) tomato(es), 3 medium, finely chopped
- 1/8 teaspoon salt
- 1/8 teaspoon pepper, black ground

Recipe Tip:

Chill 1 to 24 hours.

Preparation

1. In a medium bowl, stir together chopped tomatoes, Anaheim pepper or diced green chile peppers, sweet pepper, green onions, cilantro or parsley, lime juice, jalapeño pepper, garlic, salt, and black pepper. Cover and chill for 1 to 24 hours.