

Easy Salsa

We mentioned Salsa in the lunchbox section, so here is a child friendly, non-chilli version.

Take one tin of tomatoes, if they are chopped tomatoes, fine, you have saved yourself a job. If they are whole, open the tin but don't pour out the contents yet.

Drain off the juice and put to one side.

Take a knife and put it into the tin and chop up the tomatoes until they are in small sized chunks.

(Easy tip. Put the knife against the far side of the inside of the tin, sharp bit towards you and just pull it across the tin. Keep doing that until all the tomatoes are chopped.)

Pour the tomatoes into a glass mixing bowl.

Chop half a medium onion into small bits and add to the tomatoes.

Take one green pepper, cut off the top and cut it in half lengthways. Take out all the little white seeds and the white bits on the inside. Cut one half into strips and then chop it in to small chunks.

Do the same with a red pepper, remembering to wrap the remaining half's in cling film and pop them back into the fridge. *(We will use those in the next recipe.)*

Add some salt and pepper to taste.

Add one tablespoon of vinegar.

Add one table spoon of lemon juice and a level teaspoon of sugar.

If you like the taste, add a decent pinch of dried Mediterranean herbs

Mix it all together with a spoon.

Now, taste it. If you want to add more of a particular ingredient, like more green peppers, then do so.

Put the finished mixture in to an airtight container and there you are - homemade salsa!