

Salsa Ranchera

16 Servings • 1 Serving = 2 Tablespoons

Adapted from Naturally Healthy Mexican Cooking by Jim Peyton



INGREDIENTS

- 5 large chile de arbol, dried and seeded
- ½ cup water
- 2 large tomatoes, roasted
- 2 Tablespoons extra virgin olive oil, separated
- 1 ¾ cup white onion, finely chopped, ¼ cup separated
- 3 cloves garlic, finely chopped, 1 clove separated
- 1 teaspoon salt

DIRECTIONS

1. Place chiles and water in a bowl and soak for 30 minutes.
2. Heat a large saucepan over medium-low heat and add oil and onion. Sauté until the onion is soft but not browned, 4-5 minutes. Add garlic and cook another minute.
3. Add tomatoes, chiles with water in a blender and puree completely, 1-2 minutes.
4. Pour the pureed mix into the saucepan with the onion and garlic and stir. Bring to a simmer and cook for 5-10 minutes, or until the sauce brings to a boil. If it becomes too thick, add a little more water. Season with salt.

Nutrition Facts

16 servings per container

Serving size 2 Tablespoons

Amount per serving

Calories 30

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 8mg 0%

Iron 0mg 0%

Potassium 88mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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