**Salsa Cruda (a chunky, mild salsa using fresh ingred)**

1 fresh green chilies seeded

2 tomatoes, seeded & chopped (may substitute 500ml canned)

1/4 white onion, chopped

15 ml vinegar

1-2 cloves of garlic, minced

30 ml chopped cilantro

Salt to taste

Combine all ingred and mix well.

Add salt to taste.

**Salsa Cruda (a chunky, mild salsa roasted veg)**

1 fresh green chilies seeded & roasted & then chopped

2 tomatoes, seeded, roasted & then chopped

¼ white onion, chopped

15 ml vinegar

1-2 cloves of garlic, roasted and minced

30ml chopped cilantro

Salt to taste

Combine all ingred and mix well.

Add salt to taste.

**Salsa Fresca**

2 tomatoes, seeded & chopped

60ml white onion

½ jalapeno chili, minced

75ml cilantro chopped

½ lime, juiced

salt to taste

f.g. white sugar

Dice the tomato (make it very fine). Mince the onion. Seed and mince the chili. Combine all the ingred. Let sit for 15 min.

**Salsa Rica (roasted veg)**

2 tomatoes, seeded & roasted, & chopped

½ red pepper, roasted & chopped

½ jalepeno, seeded, roasted, & minced

1 tbsp tomato paste

15ml cilantro chopped

1/2 onion, chopped

1-2 cloves garlic, crushed

Put all ingred.into a blender and pulse until well blended and thick.

**Salsa Rica**

2 tomatoes, seeded & chopped

½ red pepper, chopped

½ jalepeno, seeded, roasted, & minced

1 tbsp tomato paste

15ml cilantro chopped

½ onion, chopped

1-2 cloves garlic, crushed

Salt to taste

Put all ingred.into a blender and pulse until well blended and thick.

**Salsa Fresca with Fruit**

1-2 mangos cubed

1 red pepper seeded & diced

2-3 green onions chopped

1 tomato seeded and diced

½ lime, juiced

½ tsp chili flakes

75ml cilantro chopped

Salt to taste

Combine all ingred. and mix well. Refrigerate for 15min.

**Guacamole**

2-3 ripe avocados, mashed

125ml mayo

1 lime juiced

½ onion diced

1 tomato, seeded & chopped

1 tsp garlic powder

Salt to taste

Combine all ingred. together and Refrigerate.