



CORN SALSA FROM MOTHER EARTH LIVING

recipe

INGREDIENTS

12 ears corn, shucked
3 cups distilled white vinegar
1 cup sugar
1 tablespoon cumin
5 pounds tomatoes, diced
1-2 jalapeño peppers, diced
1 green bell pepper diced
1 large onion, diced
2 garlic cloves, minced OR 1/4 tsp.
garlic powder
1/2 cup fresh cilantro, chopped
(optional)

DIRECTIONS

1. Bring large pot of water to a boil. Add corn and boil for 5 minutes. Drain.
2. When corn has cooled, slice of kernels being careful not to cut into cobs.
3. Combine vinegar, sugar, cumin, and salt in the pot and bring to a boil. Add tomatoes, jalapeños, bell pepper, onion, garlic, and corn kernels, return to a boil. Reduce heat and simmer for 5 minutes. Stir in cilantro and return to boil. Remove from heat.

PRESERVE

Use the boiling water method. Ladle into clean, hot half-pint or pint size canning jars, leaving 1/2 inch of headspace. Release trapped air by stirring contents with a plastic knife or wooden chopstick. Wipe rims clean, center lids on jars and screw on jar bands. Process in canner for 15 minutes. Turn off heat, remove canner lid and let jars rest in water for 5 minutes. Remove jars and set aside for 24 hours. Check seals, then store in a cool, dark place for up to 1 year. Makes about 8 pints.

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SERVING SIZE: 8 PINTS

