

Homemade Salsa from Canned Tomatoes

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/east-side-mario-s-signature-tomato-sauce-recipe>

Ingredients:

- 14 ounces tomatoes Red Gold, whole or chopped
- 4 ounces green chiles
- 3 teaspoons minced garlic
- 5 green onions coarsely chopped
- 1 handful fresh cilantro coarsely chopped
- garlic salt to taste
- freshly ground black pepper 4 or 5 turns or to taste
- 1/4 teaspoon red pepper flakes

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 9 grams
3. Fiber: 2 grams
4. Protein: 2 grams
5. Sodium: 10 milligrams
6. Sugar: 5 grams

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