

FERMENTED SALSA

Lacto-fermenting your salsa will preserve it for up to 8 months, as well as increasing vitamin and enzyme levels.

ingredients

- 3 pounds tomatoes
- 2 small onions
- fresh cilantro, to taste
- 2 lemons, juice of
- 1-2 tablespoons unrefined sea salt*

*You can salt to taste, but minimum of 1 tbsp per quart and maximum 3 tbsp per quart

directions

Chop the tomatoes, peppers, onion and cilantro.

Stir all ingredients in a large glass bowl or mason jar.

Add salt to taste.

Pour into mason jars, leaving an inch of headroom.

Cap and leave on the counter for about 24 hours before transferring to refrigerator or cold storage.