

Chunky Tomato Salsa

4 medium tomatoes, seeded and chopped

1 small onion

1 green pepper

1 clove garlic, minced

2-3 tablespoons of minced, fresh cilantro

1 jalapeno pepper, chopped (optional)

Juice from 1 lime

1. Chop the first five ingredients and mix together.
2. For a milder salsa, remove the seeds from the jalapeno pepper. For a spicy salsa, keep the seeds and finely chop the jalapeno. Add the jalapeno to the other ingredients.
3. Cut a lime in half and squeeze the juice over the salsa.
4. Refrigerate for up to 1 hour prior to eating to allow the flavours to blend together.