

Raelynn Fletcher  
Intermediate  
Salsa  
Armstrong

### BLACK BEAN AVOCADO SALSA

- 1 pint grape tomatoes
- 2 yellow bell peppers
- 4 ripe avocados
- 2 cans black beans
- 1/2 cup small red onion
- 1/4 tsp ground cayenne pepper
- 2 minced jalapenos pepper
- 1 tsp freshly grated lime zest
- 1/4 cup lime juice
- 1/4 cup extra virgin olive oil
- 1tsp of kosher salt
- 1/2 ground black pepper
- 1/2 tsp minced garlic

Mix all ingredients together and refrigerate until ready to fold in avocados.

\*\*\*\*\*

Tayte Ogletree  
Intermediate  
Salsa  
Carson

### SALSA

#### Ingredients:

- 1 can of diced tomatoes
- ½ jalapeno
- 1 bunch of green onions
- 1 Tablespoon garlic salt
- ½ teaspoon pepper

#### Directions:

Dice jalapeno and green onions  
Add all ingredients in a food processor and blend until smooth.  
Add additional garlic salt and pepper to taste, if needed.

\*\*\*\*\*

Dani Ponder  
Intermediate  
Salsa  
Collingsworth

### MEXICAN SALSA

Ingredients:

- 1 gallon diced tomatoes
- ¼ gallon of pickled jalapeño peppers chopped
- 2 large white onions chopped
- ¼ cup of Accent meat tenderizer
- ¼ cup of olive oil
- ¼ cup of white vinegar
- ¼ cup of salt
- ¼ cup chopped garlic
- 1 cup chopped cilantro

Directions:

Mix the Accent, olive oil, vinegar, salt, and garlic over medium heat. Do not boil. Remove from heat and combine the chopped tomatoes, jalepenos, onions, and cilantro. Serve with chips.  
Yield: 1 ½ gallons

\*\*\*\*\*

Izaak Lee  
Intermediate  
Salsa  
Gray

### HOME-MADE SALSA

- 4 Large Hothouse tomatoes
- 1 Serrano pepper
- 1 Poblano pepper
- 2 Jalapeno peppers
- 1 Anaheim pepper
- 1 Tomatillo
- 1 Habanero pepper
- 2 Bell peppers, Yellow and Orange
- 1 Tablespoons fresh cilantro

Cut and remove all the seeds from the all the peppers.  
Cut the tomatoes into small chunks.  
Add all of the ingredients to a blender and blend on low till mixed well.  
Add to a bowl and serve with fresh tortilla chips.

\*\*\*\*\*

### **GUACAMOLE SALSA**

**Ingredients:**

**Salsa**

- 1 cup freshly chopped tomato
- ¼ cup chopped onion
- 2 Tbsp. chopped fresh cilantro
- 1/4 tsp. coarse (kosher or sea) salt
- 1 clove garlic, finely chopped
- 1 small fresh jalapeño, seeded, finely chopped

**Guacamole**

- 3 ripe large avocados (about 1 1/2 lb.) pitted, peeled
- 2 Tbsp. fresh lime juice
- 1/2 tsp. coarse (kosher or sea) salt
- 1/2 tsp. red pepper sauce
- 1 clove garlic, finely chopped

**Directions:**

In medium bowl, mix salsa ingredients. In a separate medium bowl, place avocados; coarsely mash. Stir in remaining guacamole ingredients. Spoon guacamole into shallow serving bowl; top with salsa.

\*\*\*\*\*

Paige Perry  
Intermediate  
Salsa  
Hemphill

### **BLACK BEAN AVOCADO SALSA**

- 1 15-ounce can black beans, rinsed and drained
- 1 11-ounce can whole kernel sweet corn, drained
- 4 roma tomatoes, seeded and chopped
- 1 small red bell pepper, diced
- 1 jalapeno pepper, seeded and minced
- 1/3 cup chopped fresh cilantro
- ¼ cup diced red onion
- ¼ cup fresh lime juice
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 avocados, diced

Mix black beans, corn, tomatoes, red bell pepper, jalapeno pepper, cilantro, red onion, lime juice, vinegar, salt and black pepper in a bowl; fold avocado into the mixture. Cover bowl with plastic wrap, putting it right on top of salsa. Chill at least 2 hours before serving. Serves 8.

Sarah Stovall  
Intermediate  
Salsa  
Moore

## FRUIT SALSA

### Ingredients:

#### Salsa

- 1 Cup finely chopped fresh strawberries
- 1 Medium navel orange, peeled and finely chopped
- 3 Medium kiwi fruit, peeled and finely chopped
- 1 can (8oz) unsweetened crushed pineapple, drained
- 1 tablespoon lemon juice
- 1 ½ teaspoons sugar

#### Cinnamon Chips

- 10 Flour tortillas (8 inches)
- ¼ Cup butter, melted
- 1/3 Cup Sugar
- 1 Teaspoon ground Cinnamon

### Directions

In a small bowl, combine the first six ingredients. Cover and refrigerate until serving.  
For chips, brush tortillas with butter; cut each into eight wedges. Combine sugar and cinnamon; sprinkle over tortillas. Place on ungreased baking sheets.  
Bake at 350° for 5-10 minutes or just until crisp. Serve with fruit salsa.

\*\*\*\*\*

Kadenza Mowry  
Intermediate  
Salsa  
Randall

## PINEAPPLE BLACK BEAN SALSA

### INGREDIENTS:

- 2 cans black beans, drained and rinsed
- 1 pineapple, cored, peeled, and diced
- 1 large bunch cilantro, coarsely chopped (to taste)
- 1 small red onion, diced
- 3 cloves garlic, minced
- 3 limes, juiced
- 1 jalapeno, minced
- sea salt and freshly ground black pepper, to taste

### DIRECTIONS

In a large bowl, toss to combine black beans, pineapple, onion, garlic, lime juice, and jalapeno. Stir in cilantro and season with sea salt and freshly ground black pepper to taste. Refrigerate until ready to serve. Serves 8.

\*\*\*\*\*