

# Verde Simmer Sauce (Freezer Sauce)

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**Yield: 3 two-cup portions**

*4 cans (11 ounce ea)  
tomatillos, drained  
4 fresh poblano peppers,  
seeded and coarsely  
chopped  
2 small carrots, quartered  
4 teaspoons ground cumin  
2 teaspoons ground  
coriander  
4 cloves garlic, minced  
1/4 teaspoon salt  
1/4 teaspoon freshly ground  
black pepper*

In a food processor, combine the tomatillos, poblanos, onions, cumin, coriander, garlic, salt and pepper. Process until smooth. If necessary, process in batches and stir the batches together.

Divide the sauce into three two-cup freezer containers (or one-quart resealable freezer bags).

Cover and freeze up to six months.

Per Serving (excluding unknown items): 261 Calories; 5g Fat (calories from fat); 10g Protein; 40g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 618mg Sodium. Exchanges: 1/2 Grain (Starch); Lean Meat; 9 1/2 Vegetable; Fat.