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# One-Minute Salsa

*The Essential Southern Living Cookbook*

Start to Finish Time: 1 minute

**1 can (10 ounce) diced tomatoes and green chilies, undrained**

**1 can (14-1/2 ounces) no-salt-added stewed tomatoes, undrained**

**1 teaspoon black pepper**

**1 clove garlic, minced**

**tortilla chips**

In a blender, combine the tomatoes and green chilies, tomatoes, pepper and garlic. Cover and blend for 30 seconds, stopping once to scrape down the sides.

Serve with tortilla chips.

Yield: 3 cups

**Salsa**

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*Per Serving (excluding unknown items): 10 Calories; trace Fat (5.8% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.*