

Lacto Fermented Salsa

INGREDIENTS

4 small tomatoes or cherry tomatoes, (2 cups depending on the variety you are using)
1 bell pepper
1/2 white onion
1/2 lime
2 garlic cloves
1 jalapeno
1/4 cup fresh cilantro, chopped
2 teaspoon kosher salt

1 Litre Mason Jar

INSTRUCTIONS

Dice tomatoes keeping as much of the juice in the bowl as possible. If your tomatoes aren't that juicy, you could always add water later. Chop remaining vegetables and add to the bowl. Add lime juice, and salt and mix well

Add salsa to a wide mouth mason jar and place weight on top, pushing down well, making sure the vegetables are submerged under the brine.

Cover jar with fermentation lid or a loose lid to allow gas to escape. Leave on the counter at room temperature for 2 days. If room temperature is warm, it will shorten the fermentation time.

Throughout the fermentation process, it is good to check your vegetables and make sure they are still submerged under the brine.

Once, it is fermented to your liking, enjoy and keep stored place in the fridge for 3-4 months.