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Amazing Slow Cooker Mango Salsa

Ingredients:

- 16 Roma tomatoes
- 8 large mangoes
- 1 red bell pepper
- 1 orange bell pepper
- 1 red onion
- 1 cup sugar
- 1–2 jalapeños, ribs and seeds removed
- 4 tablespoons fresh lime juice
- 2 teaspoons salt
- Optional: fresh parsley or cilantro, chopped

Instructions:

1. Peel the mangoes and coarsely chop all vegetables.
2. Add the tomatoes, mangoes, bell peppers, onion, jalapeños, sugar, lime juice, and salt to the slow cooker.
3. Cover and cook on **high for 4 hours**.
4. After two hours, stir gently to combine.
5. Check at the 4-hour mark. Taste and adjust seasoning as needed.
6. Blend to your desired consistency. I prefer using an immersion blender for control — keeping some texture while smoothing it slightly.
7. If using fresh herbs, stir them in after cooking.
8. Allow salsa to cool completely.
9. Transfer to containers or freezer bags and label.

Notes & Tips

- Removing jalapeño ribs and seeds keeps the heat balanced. Leave some in if you want more kick.
- For a chunkier salsa, pulse lightly instead of fully blending.
- Flavor deepens after resting overnight in the refrigerator.
- This freezes beautifully — perfect for meal prep.

Serving Ideas

- Spoon over grilled salmon
- Serve alongside roasted or grilled chicken
- Top burgers for a sweet-spicy twist

Or just grab a spoon.