

Habanero Salsa – Recipe

This homemade habanero salsa recipe is fiery in all the right ways, made with habanero peppers, tomatoes, onion, garlic, red wine vinegar, a bit of lime juice, and a few select seasonings. Break out the chips for some habanero heaven.



4.82 from 22 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Appetizer Cuisine: American Servings: 10 Calories: 40kcal

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Ingredients

- 2 tablespoons olive oil divided
- 1 pound tomatoes chopped
- 3 habanero peppers chopped
- 1 small white onion chopped
- 2 cloves garlic chopped
- 2 tablespoons red wine vinegar
- 1 teaspoon lime juice
- Salt to taste
- OPTIONAL SEASONINGS: chopped cilantro Mexican oregano, dash of chili powder, pinch of cumin

Instructions

1. Heat a pan to medium heat and add 1 tablespoon olive oil. Add the chopped tomatoes, habaneros and onion. Cook them down, stirring a bit, about 5 minutes to soften.
2. Add the garlic and stir. Cook another minute, until you can smell the awesome garlic.
3. Scoop the contents into a blender or food processor along with the vinegar, lime juice, salt, and optional seasonings. Blend until smooth.

4. Heat the same pan back to low heat and add the remaining olive oil. Pour the salsa into the pan and let it simmer for 15 minutes to let the flavors develop.
5. Cool and store in the refrigerator, covered. It is best served chilled.

Notes

Makes about 1.5 cups

Heat Factor: HOT.

Habaneros have some good level heat. This is more of a blooming heat, so you may not notice until after a few bites.

Nutrition

Calories: 40kcal | Carbohydrates: 3g | Fat: 2g | Sodium: 3mg | Potassium: 133mg | Sugar: 1g | Vitamin A: 405IU | Vitamin C: 11.7mg | Calcium: 8mg | Iron: 0.2mg