



Mango Salsa

6 cups diced unripe mango (about 3 to 4 large, hard green mangoes)
1½ cups diced red bell pepper
½ cup finely chopped yellow onion
½ teaspoon crushed red pepper flakes
2 teaspoons finely chopped garlic
2 teaspoons finely chopped ginger
1 cup light brown sugar
1¼ cups cider vinegar (5%)
½ cup water

Caution: Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.

Yield: About 6 half-pint jars

1. Wash and rinse half-pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Wash all produce well. Peel and chop mango into ½-inch cubes. Dice bell pepper into ½-inch pieces. Finely chop yellow onions.
3. Combine all ingredients in an 8-quart Dutch oven or stockpot. Bring to a boil over high heat, stirring to dissolve sugar. Reduce to simmering, and simmer 5 minutes.
4. Fill hot solids into clean, hot half-pint jars, leaving ½ -inch headspace. Cover with hot liquid, leaving ½ -inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.
5. Process in a boiling water canner according to the recommendations in [Table 1](#). Let cool, undisturbed, for 12 to 24 hours and check for seals.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints	10 min	15 min	20 min

Developed at The University of Georgia, Athens, for the National Center for Home Food Preservation. Released by Elizabeth L. Andress, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. October 2003.

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