

Mango, Carrot & Habanero Hot Sauce



Mango and carrot bring a sweet balance of flavor in this quick and easy homemade hot sauce that is customizable to your taste preference – perfect for adding a pop of bright flavor to all your meals!

YIELD 24 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

3 cups	Water
2 each	Carrots, peeled and roughly chopped
1/4 each	White Onion, roughly chopped
2 cloves	Garlic, roughly chopped
1 each	Habanero, raw, chopped (see note)
1 each	Mango, peeled and roughly chopped
1/4 cup	White Vinegar
1 tsp	Kosher Salt

CHEF'S NOTES

You can adjust the spice level in this hot sauce by keeping the seeds in for a spicier flavor or remove them if you are more sensitive to heat. If you really like heat, add an additional habanero pepper!

Mango and carrots are both great sources of vitamin A which is important for eye and skin health and immune function.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a well-ventilated area, bring water to a boil in medium pot. Add chopped carrots, onion, garlic, and habanero, and boil until tender, about 10 minutes, stirring occasionally.
3. Using a fine mesh strainer set over a medium bowl, strain the carrot mixture, saving the strained cooking liquid in the bowl. Add the carrot mixture to a blender pitcher along with the chopped mango, vinegar, and salt.
4. Add 1 ½ cup of the cooking liquid to the blender. Blend until smooth, about 30 seconds to 1 minute on medium-high speed.
5. Use the same fine mesh strainer to strain any large particles out of the finished hot sauce. Refrigerate for at least 30 minutes before serving.

Nutrition Facts

24 servings per container

Serving size 2 Tbsp (53g)

Amount Per Serving

Calories 10

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

