

FLIPANY's Own Homemade Hot Sauce



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Prep Time: 7 minutes

Cook Time: 12 minutes

Yields: ½ cup

INGREDIENTS

- 3 Hot peppers of your choice
(Chile, Fresno,
Cayenne, Jalapeño)
- ½ cup White distilled vinegar
- 1 tsp Minced fresh garlic
- ½ Red bell pepper (for reduced
spiciness) Optional*
- A pinch of salt

DIRECTIONS

1. Rinse peppers.
2. Put on gloves to protect from the hot peppers from rubbing off on your hands.
3. Cut the tops off of the peppers and slice in half lengthwise. (Remove seeds for a milder flavor. Leave seeds for a spicier flavor.)
4. Pour the vinegar into a small sauce pan, add peppers, salt and garlic. Bring to a boil and reduce heat to low until peppers are soft (about 10 minutes).
5. Pour everything into blender, including peppers and vinegar. Blend everything until liquefied.
6. Enjoy!
- 7.

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The Ingredient to a Healthy Life

FLIPANY's mission is to foster healthy lives through nutrition education, physical activities, and wellness initiatives.