Standard Lab Operating Procedure #3045
Black Bean and Tomato Chili Salsa

Laboratory: Science and Technology of Foods   **Location**: CS203

SOP prepared by: J. Foudray, R. Sanders   **Last Revision:** 03/01/2019

General: Salsa can be made in a number of ways, ranging from the ingredients used to the way it is processed. When preparing salsa for canning, the mixture can be heated and soy lecithin is added to help as an emulsifier and preservative. The ingredients in salsa are what makes it truly unique: the base can vary from tomatoes and chilies to soybeans! Black Soybeans provide high nutritional value as they are low fat and high in protein. Salsa can also come in the form of many textures from large solid pieces to a blended puree, which is what makes it a great sensory product. This recipe is modified from
https://www.geniuskitchen.com/recipe/black-soybean-and-tomato-chili-salsa-115974

Safety: lab coat, gloves, safety glasses

Materials

2 15oz cans of black soybeans	3 cups of fresh cut tomatoes
1 cup red onion	1 cup fresh chilies
1 cup of cilantro	½ teaspoon of ground cumin
2 tablespoons of green onion	6 tablespoons of fresh lime juice
4 teaspoons soy sauce	Paring knives
Cutting board	Mixing bowl

Procedure

1. Wash all equipment before use.
2. Dice all of the tomatoes, chilies, cilantro and green onions to desired size.
3. Mix all of the ingredients in a bowl.
4. Conduct a sensory analysis of the food product (see below).

Sensory Analysis

Sensory Characteristics	
Appearance	
Texture/Flavor	
Aroma/Smell	
Texture/Consistency	
Overall	

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