

# Tropical Hot Pepper Sauce

**Source:** [www.aMAYSingLife.com](http://www.aMAYSingLife.com)

**Serving size:** 3 cups

**Preparation time:** 10 mins

**Cooking time:** 28 mins



## Ingredients

1 teaspoon olive oil or avocado oil  
2-3 habanero peppers\*, seeds removed & chopped  
1 ghost pepper\*, seeds removed & chopped  
½ cup mango, chopped  
1 cup pineapple, chopped  
1 cup filtered water  
½ cup distilled white vinegar  
2 tablespoons cilantro, chopped  
1 teaspoon sugar  
1 teaspoon paprika  
Salt to taste

## Directions

1. Heat a large pan to medium heat and add oil. Add chopped peppers and fruit. Cook, stirring constantly, for about 6-8 minutes to soften and release juices. Be mindful of fumes as hot peppers can be very strong!
2. Add water, vinegar, sugar, cilantro and paprika and bring to a boil. Reduce heat and simmer about 20 minutes. Remove from heat and cool.
3. Add to a food processor or blender and process until smooth.
4. Pour into sterilized bottles or jars and refrigerate.

It goes great with fish, shrimp, chicken, pork and tofu!

## Notes

\*When working with hot peppers, it's best to wear gloves to prevent burns on your skin.

\*If you do not have access to ghost peppers, use 1-2 extra habanero peppers or other favorite hot pepper.

Using fresh pineapple and mango is best, but if not readily available or in season, you can use frozen fruit (without additives), thawed first.

Because of the vinegar, it should last in the refrigerator six months, or longer. You can also freeze in smaller batches.

If you want to thin it, add more vinegar and/or water until desired consistency.