

PANTRY STAPLES:

10
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WITH
**CANNED
OR JARRED
TOMATOES**



1. Easy Ratatouille: Sauté chopped onions, eggplant, yellow peppers and garlic; add canned or jarred diced tomatoes and a sprig of rosemary. Simmer until vegetables are soft. Serve with chopped parsley.

2. Miso Tomato Soup: Sauté chopped garlic, green onions and ginger in sesame oil. Add canned or jarred tomatoes along with vegetable or chicken broth and heat through; stir in red miso paste, and top with sesame seeds and thinly sliced green onions.

3. Pasta with Red Wine Tomato Sauce: Simmer jarred or canned pureed tomatoes with chopped black and green olives, capers, garlic, red pepper flakes and a splash of red wine. Add shrimp, heat until cooked through, and serve over pasta with shredded Asiago cheese.

4. Caramelized Onion Ketchup: Sauté sliced onions in olive oil until soft and caramelized. Stir in canned tomato paste, apple cider vinegar and honey; puree until smooth. Add canned chipotle peppers for a spicy variation.

5. Quick Risotto: Simmer farro, shallots and dried porcini mushrooms in canned or jarred tomato sauce until tender, then serve with shaved Parmesan cheese.

6. Chicken with Tomato-Bell Pepper Sauce: Puree jarred or canned whole tomatoes with jarred red peppers until smooth. Combine with diced Hanna sweet potatoes, halved Brussels sprouts and boneless, skinless chicken breasts in a casserole dish. Bake until chicken is cooked through.

7. Tomato Baguette: Drain canned or jarred whole tomatoes, pat dry, toss with fennel, leeks and olive oil. Roast until soft and caramelized. Spread on diagonally sliced baguettes and top with minced basil and a sharp cheese.

8. Tempeh Sloppy Joes: Sauté crumbled tempeh and onions until browned, then stir in canned or jarred tomato sauce, coconut sugar and a little mustard. Simmer until bubbly, and serve on whole-grain or gluten-free buns.

9. Spicy Tomato Dip: Combine canned or jarred diced tomatoes with diced red onion, minced jalapeño peppers, thawed frozen corn kernels, cilantro and lime juice, and serve with chips or vegetables for dipping.

10. Speedy Shakshuka: Sauté chopped red bell peppers, onions and garlic in olive oil. Stir in canned or jarred tomato sauce, cumin, smoked paprika and cayenne pepper and bring to a low simmer; add four eggs and cook until done, then serve with chopped parsley and feta cheese.