

Tomato

RECIPES



MOST TOMATOES ARE RED BUT
THEY CAN ALSO BE YELLOW,
ORANGE, PINK, GREEN,
BLACK OR WHITE!

Tomato salsa



Preparation time: 5 minutes



WHAT YOU NEED

6 medium tomatoes, finely chopped

½ medium red onion, finely chopped

1 garlic clove, finely chopped

½ bunch fresh coriander, roughly
chopped

Finely chopped red and green
capsicum – optional

HOW TO MAKE IT:



- 1 Place everything in a bowl
and stir to combine!

DID YOU KNOW?




There are more than
7500 tomato varieties
grown around
the world!

www.familyfoodpatch.org.au

★ THE SIZE OF A TOMATO DEPENDS ON THE SPECIES









-  Total preparation and cooking time: 20 minutes
-  Serves: 4
-  Soup can be frozen

Spicy Tomato and Chickpea Soup




WHAT YOU NEED:

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 tsp. paprika
- 1 tsp. cumin
- 1 x 425g can chopped tomatoes
- 1 x 400g tin of chickpeas, drained and rinsed
- 3 cups salt-reduced vegetable stock
- 2 tsp. balsamic vinegar

HOW TO MAKE IT:

-  **1** On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion and cook until soft.
-  **2** Add the garlic, paprika and cumin, stir in and cook for 1 minute. Then add the tomato, chickpeas and stock. Stir and heat through for 10 mins. Set aside to cool.
-  **3** Blend until smooth.
-  **4** Stir in the vinegar to taste, warm through and serve.





Pasta sauce

-  Total preparation and cooking time: 20 minutes
-  Serves: 4
-  Sauce can be frozen

WHAT YOU NEED:

- 1 tbsp. olive oil
- 1 clove garlic, finely chopped
- 1 onion, finely chopped
- 1 tbsp. tomato paste
- 2 x 400g cans chopped tomatoes or 12 fresh tomatoes, chopped
- ½ cup chopped basil
- ⅓ cup chopped flat leaf parsley

HOW TO MAKE IT:

-  **1** On a stove top, heat the oil in a large saucepan over medium heat. Add the garlic and onion and cook for 3–4 mins until softened but not browned.
-  **2** Add the tomato paste and cook, stirring constantly for 1 minute.
-  **3** Add the tomatoes, reduce the heat to low and simmer for 8–10 mins, until thickened.
-  **4** Stir through the basil and parsley. Cool and blend.



GREAT FOR STIRRING THROUGH PASTA, GNOCCHI, USING ON PIZZA OR NACHOS.