Tomato





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

 $\frac{1}{2}$ 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!



THE SIZE OF A TOMATO DEPENDS ON THE STRUTT

www.familyfoodpatch.org.au





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:



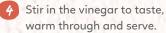
On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion and cook until soft.



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.



Blend until smooth.





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

1/2 cup chopped basil

1/3 cup chopped flat leaf parsley





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.



Add the tomato paste and cook, stirring constantly for 1 minute.



Add the tomatoes. reduce the heat to low and simmer for 8-10 mins, until thickened.



Stir through the basil and parsley. Cool and blend.