

Tomatoes for Neela



VEGETABLE LESSON

Recipes to try at home

CREATE

FOOD, FUN & READING

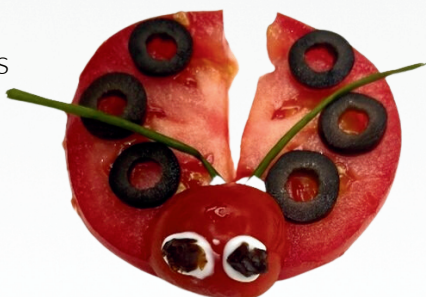
Cultural Adventure

Tomato Ladybug

Serves: 5-6

Ingredients

- 1 Regular sized Tomato
- 2-3 Cherry tomatoes
- sliced black olives
- TBS greek yogurt
- 12 raisins
- 5-6 chives



Instructions:

1. Slice tomato into 5-6 slices, discarding the ends.
2. Make a cut halfway up the tomato slice to create "wings"
3. Slice cherry tomatoes in half and place one half on each slice to act as the head.
4. Attach raisin eyes with dots of greek yogurt. Attach a chive folded in half for antennas.
5. Add olives as 'Dots'
6. Enjoy!

Ten Minute Tomato Soup

Serves: 6

Ingredients

- 4 cups of warm water
- 2 chicken bouillon
- 1 medium onion
- 1 medium carrot, peeled
- 2 stalks celery
- 2 cloves garlic
- 1 TBS cooking oil
- 2 cans diced tomatoes cubes
- 1 TBS dried Italian herbs
- salt and pepper to taste



Instructions:

1. Add chicken bouillon cube to 4 cups warm water. Set aside to dissolve.
2. Finely dice onion, carrot, celery and garlic.
3. Heat oil in a large sauce pan
4. Add diced vegetables and until fragrant, about 3 minutes.
5. Add canned tomatoes, water with bouillon and Italian herbs. Simmer for 7 minutes or up to an hour on low heat.
6. Serve as is or for a smoother soup, pour into your blender or use an immersion blender.

Extension

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