

Recipes Using Canned Tomatoes



Easy Tomato Bruschetta

You will need:

1 (14.5 oz.) can diced tomatoes, drained	1 (18 - inch) French baguette cut into $\frac{3}{4}$ - inch slices	
$\frac{1}{4}$ cup olive oil, divided	$\frac{1}{3}$ cup fresh basil, chopped	2 tsp. minced garlic
$\frac{1}{4}$ tsp. salt	$\frac{1}{8}$ tsp. ground black pepper	

Instructions:

- Preheat oven to 350 degrees F. Place bread slices on a baking sheet. Brush tops with 2 tbsp. olive oil.
- Bake 12 - 15 minutes or until lightly toasted. Pour remaining 2 tbsp. of olive oil into a small bowl.
- Add drained tomatoes, basil, garlic, salt, and pepper. Mix all ingredients together.
- Divide tomato mixture evenly over the toasted bread. Serve immediately.
- Optional: Top with red pepper flakes, shredded Parmesan cheese, and/or chopped green onions.

Minestrone Soup

You will need:

2 (14.5 oz.) cans diced tomatoes	2 medium carrots and 2 small zucchinis, diced into small cubes			
6 celery sticks, diced into small cubes	2 cloves of garlic, minced	32 oz. vegetable broth		
1 (15 oz.) can great Northern beans and 1 (15 oz.) can kidney beans, drained	1 tbsp. Italian seasoning			
1 tbsp. dry basil	$\frac{1}{2}$ cup noodles	1 tbsp. olive oil	2 cups water	1 large onion, diced

Instructions:

- Preheat pot with olive oil. Add zucchini, carrots, celery, and onions. Saute for about 10 minutes.
- To the pot, add the canned tomatoes. Season with the Italian seasoning and dry basil.
- Add vegetable broth, noodles, kidney, and Great Northern beans. Simmer for about 10 minutes.
- Depending on the thickness of the soup you could add two more cups of water.
- Add the garlic into the soup and let simmer for about 10 minutes. Serve while the soup is still warm.

Black Bean Soup

You will need:

1 (14.5 oz.) can diced tomatoes	1 tbsp. olive oil	1 large onion, chopped
1 stalk celery, chopped	4 cloves garlic, chopped	2 tbsp. chili powder
1 tbsp. ground cumin	1 pinch black pepper	4 cups vegetable broth
2 (15 oz.) cans black beans	1 (15 oz.) can whole kernel corn	

Instructions:

- Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots, and garlic for about 5 min.
- Season with chili powder, cumin, and black pepper. Cook for 1 minute.
- Stir in vegetable broth, 1 can of black beans, and 1 can of corn. Bring to a boil.
- In a food processor or blender, process 1 can of black beans and 1 can of diced tomatoes until smooth.
- Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Spanish Rice

You will need:

1 (14.5 oz.) can diced tomatoes	3 tbsp. oil	1 medium onion, chopped
1 red or green pepper, seeded and diced	1 (8 oz.) can diced green chilis	1 tbsp. chili powder
2 tsp. cumin	2 tsp. garlic powder	1 tbsp. dried oregano
2 cups uncooked long grain rice	3 cups chicken stock	salt and pepper to taste

Instructions:

- In a heavy 4-quart saucepan, heat oil over medium heat. Add onion and pepper and cook for about 5 min.
- Add green chilies and seasoning. Cook and stir for about 2 minutes. Add rice and stir to coat.
- Add chicken stock and tomatoes. Stir and bring to a boil. Cover. Turn down heat.
- Simmer about 15 min. or until rice is done. Add more liquid, if necessary. Adjust seasonings to taste.
- Optional: You may include 1 lb. lean ground beef. Cook meat with onion and pepper until meat is no longer pink. Add beef to cooked rice mixture and sprinkle top with cheese. To melt cheese, place pan in oven for a few minutes.
- Optional: Serve Spanish Rice with Andouille, Chirro, or Smoked Sausage.

One Dish Chicken Bake

You will need:

1 (14.5 oz.) can diced tomatoes	1 tbsp. olive oil	1 yellow onion, chopped
3 garlic cloves, minced	1 tsp. dried oregano	1 tsp. Italian seasoning
2 tbsp. fresh parsley, chopped	4 boneless chicken breasts or thighs	salt and pepper to taste
chopped fresh parsley, for garnish	$\frac{3}{4}$ cup grated Romaine or parmesan cheese	cooking spray

Instructions:

- Preheat oven to 400 degrees F. Lightly grease a baking dish with cooking spray and set aside.
- Combine tomatoes, olive oil, onions, garlic, oregano, Italian seasoning, and parsley in a mixing bowl.
- Toss to combine. Pour tomato mixture into prepared baking dish. Season chicken with salt and pepper.
- Place chicken on top of tomatoes. Nestle chicken into tomatoes so it simmers into sauce while it cooks.
- Bake for 35 min., or until sauce simmers and chicken is done cooking.
- Chicken is cooked when internal temperature reaches 165 F degrees. Sprinkle with cheese.
- Bake for 4 to 5 minutes or until cheese is melted. Garnish with parsley.

Chipotle Burrito Bowl

You will need:

1 (14.5 oz.) can diced tomatoes	2 $\frac{1}{2}$ cups cooked brown rice	2 tbsp. olive oil
$\frac{1}{2}$ onion, diced	salt and pepper	$\frac{1}{2}$ bell pepper, diced
1 hot pepper, diced	1 (15 oz.) can black beans	1 tsp. hot sauce of choice
1 tsp. dried cilantro	$\frac{1}{2}$ cup shredded cheese of choice	$\frac{1}{2}$ avocado, sliced
2 green onions, diced white and green parts	taco shells or burrito bowls	

Instructions:

- Cook brown rice according to package instructions. Heat black beans in a medium saucepan.
- Drain before adding to the final product. Heat olive oil in a large saucepan over medium heat.
- Add onions, salt, and pepper. Cook about 5 minutes until translucent. Add bell peppers and hot pepper.
- Cook a few more minutes until soft. Add canned diced tomatoes with juice and bring to a boil.
- Reduce heat and simmer for 15 minutes. Remove from heat. Add brown rice and drained black beans.
- Add hot sauce and cilantro to the other ingredients. Stir everything together.
- Place mixture in burrito bowls or taco shells.
- Top individual bowls with green onions, avocado, and shredded cheese.