

Can-Do TOMATO



Pico de Gallo

Servings: 8

Ingredients

- 2 cups ripe tomatoes, chopped
- 1½ cups onion, chopped
- ⅓ cup fresh cilantro, chopped
- 3 jalapeño peppers, seeded and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- ¼ teaspoon salt

Directions

1. In a medium bowl, combine all ingredients.
2. Serve immediately or cover and refrigerate for up to 3 days.

Measurement equivalents

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5⅓ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

Spanish Rice

Servings: 4

Ingredients

- 1 green bell pepper, chopped
- 1 small onion, diced
- 1 cup uncooked rice
- 1 teaspoon oil
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- One 14.5-ounce can diced tomatoes
- 1 cup water

Directions

1. Over medium heat, cook green pepper, onion and rice in oil until soft, about 5 minutes.
2. Add spices, tomatoes and water to rice mixture.
3. Bring to a boil and stir. Cover and cook on low heat. Cook until rice is tender (about 15-20 minutes).
4. Refrigerate leftovers.



Cooking Terms

Boil: Heat a liquid until bubbles break continually on the surface.

Chop: Cut solids into pieces with a sharp knife or other chopping device. Finely chop is just chopping solids into small pieces.

Dice: Cut food into small cubes of uniform size and shape.

Divided: Use a particular ingredient more than once in the same recipe.

Simmer: Cook slowly in liquid over low heat at a temperature of about 180 F. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Tomato and Beef Stew

Servings: 4

Ingredients

- ½ pound ground beef, ground turkey or venison
- ⅛ teaspoon salt (optional)
- ⅛ teaspoon pepper (optional)
- One 14.5-ounce can diced tomatoes, undrained
- One 14.5-ounce can sliced carrots, drained or 6 medium carrots, sliced
- One 15-ounce can diced potatoes, drained or 2 medium potatoes, diced
- ½ teaspoon sugar

Directions

1. In a skillet over medium heat, brown meat. Drain fat, if any. Season lightly with salt and pepper (optional).
2. In a pot, combine cooked meat, tomatoes, carrots, potatoes and sugar. Over medium heat, cook for 15 minutes or until contents are hot and desired consistency (will thicken slightly when cooled).
3. Let stand 10 minutes before serving.
4. Serve. Refrigerate leftovers.



Additional cooking tips

- 4 ounces of shredded cheese is approximately 1 cup.
- Cook ground meat to at least 160 F. Remember, color is not a reliable indicator of doneness; use a food thermometer.



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Mexican Sloppy Joes

Servings: 4

Ingredients

- 1 pound ground beef
- One 10.75-ounce can tomato soup, condensed
- One 14.5-ounce can salsa of choice
- ½ cup shredded cheddar cheese
- 4 hamburger buns (Can also serve on top of rolls, corn muffins or rice.)

Directions

1. In a skillet over medium-high, brown meat. Drain fat, if any. Add soup and salsa.
2. Cook until sauce is reduced to desired thickness (approximately 10 minutes).
3. Top with cheese and spoon onto hamburger bun.
4. Refrigerate leftovers immediately.

