

Tomatoes

Tomatoes were first found thousands of years ago in Peru and Ecuador. However, they didn't make it to the United States very quickly. In fact, it was the 1900's before tomatoes became popular in the U.S. Perhaps this is because they were once thought to be

poisonous. Now tomatoes are everywhere. Tomatoes (including tomato products like salsa, tomato sauce, and ketchup) are the third most popular vegetable in the United States. And by the way, it's not really a vegetable. You guessed it, it's a fruit—actually a



berry. But in 1893, the U.S. government officially classified it as a vegetable for trade purposes.

Tomato Bisque Soup

Makes 4 servings

Ingredients:

- 1 quart (32 ounces) tomatoes
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon baking soda
- 1 (12-ounce) can evaporated skimmed milk

Directions:

1. Heat tomatoes in saucepan to a boil (can be put in blender or food processor first if you like creamy soup).
2. Lower heat. Add salt, sugar, and baking soda (soda will make it foam).
3. Add milk.
4. Heat to serving temperature.

Source: From the kitchen of Ethelyn Dutton

Nutrition Facts

Serving Size 1 Serving (325g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Cholesterol 5mg **2%**

Sodium 740mg **31%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 10g

Vitamin A 30% • Vitamin C 90%

Calcium 30% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Fresh tomatoes can be stored at room temperature for up to a week. Do not refrigerate.
- Once a tomato is cut, it is best to eat it. A cut tomato doesn't store very well.

Complementary Herbs

basil
bay leaf
chives
dill
mint
oregano
parsley
rosemary
thyme

Dot's Chili

Makes 6 servings *Jan Gendreau, Waterbury*

Ingredients:

- 1 Tablespoon oil
- 2 onions, chopped
- 2 green peppers, chopped
- 1/2 pound lean ground beef
- 1 quart tomatoes
- 1 (8-ounce) can tomato sauce
- 3 (15-ounce) cans kidney beans, drained and rinsed
- 1 1/2 teaspoons chili powder
- Pepper to taste



Directions:

1. In a skillet, brown the beef and drain to remove some of the fat.
2. In a deep pot, sauté the onions and peppers in oil.
3. Add remaining ingredients (including browned beef).
4. Stew for 30 minutes to let the flavors blend.
5. Serve with cornbread.

Source: From the kitchen of Alice Stuart

Nutrition Facts

Serving Size 1 Serving (541g)
Servings Per Container 6

Amount Per Serving

Calories 470 **Calories from Fat** 90

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2.5g **13%**

Cholesterol 20mg **7%**

Sodium 290mg **12%**

Total Carbohydrate 66g **22%**

Dietary Fiber 18g **72%**

Sugars 14g

Protein 28g

Vitamin A 20% • Vitamin C 150%

Calcium 10% • Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.