

# ROASTED TOMATOES 3 WAYS

To make tomato soup OR marinara sauce OR salsa

## PREPARATION:

1. Line a sheet pan with parchment paper and preheat oven to 400°F.
2. If you don't mind the skins staying on, arrange tomatoes on pan, cut-side-up. Roast for 30-40 minutes, until everything has softened, and tomatoes have started to caramelize some. Alternatively, if you don't want skins, roast tomatoes whole, then pinch the skins off once everything is wrinkly and roasted.
3. Add additional ingredients depending on what you're making.

**TO MAKE MARINARA SAUCE:** Roast tomatoes with onions, garlic, olive oil, salt, pepper. Add fresh or dried herbs (basil, oregano, thyme, rosemary) for the last 10 minutes of baking. Remove herb stems, and combine using a potato masher or fork, food processor, blender or immersion blender until it's reached desired consistency.

**TO MAKE TOMATO SOUP:** Roast tomatoes with onions, garlic, olive oil, salt, pepper. Add fresh or dried herbs (basil, oregano, thyme, rosemary) for the last 10 minutes of baking. Remove herb stems, and combine using food processor, blender or immersion blender with ~½ cup broth for every 1 cup tomatoes until it reaches desired consistency. Can add a sprinkle of smoked paprika, crushed red pepper flakes. Optional: add cream, bacon, parmesan cheese, cannellini beans, a swirl of pesto, sugar to balance, etc.!

**TO MAKE ROASTED TOMATO SALSA:** Roast tomatoes with onions, bell pepper, garlic, and jalapeno pepper. Combine with 1 tsp cumin, juice of 1 lime, and ½ cup cilantro in a food processor, blender or immersion blender.

**WANT SALSA VERDE?** Use tomatillos instead of tomatoes!



# SUMMER VEGGIE CURRY

Makes ~4 adult dinner sized portions

INGREDIENTS	
1 ½ cups	Jasmine Rice, rinsed
1 tsp	Coconut or Olive Oil
1 each	Onion, small, diced
4 cups	Various Veggies □ peppers, zucchini, summer squash, carrots, etc., sliced
4 each	Garlic Cloves, minced
2 tsp	Fresh Ginger, finely grated
2 TBSP	Curry Paste (red or yellow)
2 tsp	Ground Coriander

1 can	Coconut Milk
½ cup	Water or Stock/Broth
1 ½ tsp	Sugar of Choice (white, brown, coconut, turbinado)
1 ½ cups	Kale, thinly sliced
1 TBSP	Soy Sauce, Tamari, or Coconut Aminos
1 TBSP	Lime Juice
1 cup	Cilantro, chopped

## Try Different Variations:

Cherry tomatoes, another cooking green, corn kernels straight off the cob, diced potatoes, cubed chicken breast or thigh, fish sauce for more umami flavor

**PRO TIP:** Red curry paste tends to be spicier than yellow.

## PREPARATION:

1. Cook rice in your preferred method (1.5 cups dry = 4.5 cups cooked).
2. Do all the knife work: chop onion, slice peppers, zucchini & peppers, mince garlic & ginger, destem & chop kale, cut lime in half & chop cilantro.
3. Heat oil in a large skillet on medium heat. Cook onion for ~5 minutes with a sprinkle of salt, until it starts turning translucent.
4. Add peppers, squash, carrots and cook for ~5 more minutes, until peppers are fork-tender. Make a hole in the middle, add garlic and ginger and cook ~30 seconds until fragrant.
5. Stir in curry paste and ground coriander, stir until veggies are coated. Then pour in liquid, sugar, and kale and bring up to a simmer for ~10 minutes, until all veggies are cooked to your liking.
6. Remove from heat, stir in soy sauce (or alternative) and lime juice, top with cilantro.

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