



Healthy Ways to Eat Canned Tomatoes



Look for tomatoes with “No Salt Added” or “Low Sodium” on the label

1. Add drained tomatoes to scrambled eggs, omelets & frittatas.
2. Add a can of tomatoes to soups & stews or use as the binder in casseroles.
3. Add canned tomatoes to a can of soup to lower the sodium and stretch the meal further.
4. Make your own Spaghetti or Pizza Sauce:

Ingredients;

2 (14.5-oz.) cans tomatoes (any kind)	1 teaspoon garlic powder
1 Tablespoon Italian seasoning (mixture of dried basil, oregano, thyme & parsley)	1 Tablespoon white sugar
1 teaspoon onion powder	½ teaspoon salt
	¼ teaspoon pepper

Directions:

1. In a medium pot, combine ingredients over medium heat. Cook for 15 minutes, stirring occasionally.

5. Make Tomato Salsa – homemade is cheaper & tastier than store-bought!

Ingredients:

1 (14.5-oz.) can tomatoes, with juices	1 jalapeño pepper, deseeded & minced
1 small onion, chopped	1 Tablespoon vinegar or lime juice
2 cloves garlic, minced (or 1 tsp garlic powder)	¼ cup fresh cilantro, chopped (optional)

Directions:

1. *Cooked version:* In a medium pot, combine ingredients over medium heat. Cook for 15 minutes, stirring occasionally. Chill before serving. If using, add cilantro to chilled salsa.
2. *No-cook version:* Combine all ingredients in a bowl and enjoy.

6. Make Spaghetti with Meat Sauce

Ingredients:

8 oz. whole wheat spaghetti	1 tablespoon Italian seasoning (or 1 ½ tsp dried basil and 1 ½ tsp dried oregano)
1 Tablespoon oil	1 (14.5-oz.) can tomatoes, with juices
1 onion, diced	1 (14.5-oz.) can tomatoes, with juices
1 (15-oz.) can carrots, chopped	½ teaspoon salt
4 cloves garlic, minced (or 2 tsp garlic powder)	¼ teaspoon black pepper
1 lb. lean ground beef or turkey	

Directions:

1. Cook and drain pasta according to package instructions. Set aside.
2. Heat oil in a large skillet over medium heat. Add onion and carrot and cook, stirring occasionally, until soft, about 5-8 minutes.
3. Stir in garlic and seasonings; cook until fragrant, about 30 seconds. Add ground meat and cook, stirring and breaking up with a spoon, until no longer pink, 3 to 5 minutes. Increase heat to high. Stir in tomatoes and spaghetti sauce. Cook until thickened, about 4 to 6 minutes.
4. Season with salt and pepper. Serve the sauce over the pasta, sprinkled with cheese if desired.

7. Make Simple Supper Casserole using ingredients you have on hand!

Ingredients:

2 cups cooked brown rice, whole wheat pasta, egg noodles, OR cooked cubed potatoes	1 (16-oz.) can tomatoes, with juices
2 (5-oz.) cans chicken or tuna, drained	Salt & Pepper to taste
2 cups fresh, frozen or canned vegetable of choice, d	1-2 teaspoons dried herbs/spices (optional)
	½ cup shredded cheese for topping (optional)

Directions:

1. Preheat oven 350°F.
2. Combine all ingredients in a greased casserole dish. Top with cheese if using.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

8. Make Hearty Vegetarian Chili for a meatless dish that is flavorful & filling.

Ingredients:

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| 1 Tablespoon oil | 1 ½ cup water or stock |
| 1 large onion, chopped | 1 Tablespoon chili powder |
| 2 cloves garlic, minced (or 1 tsp garlic powder) | 1 teaspoon ground cumin |
| 2 (15-oz.) cans beans, drained & rinsed | ½ teaspoon salt |
| 1 (15-oz.) can whole kernel corn, drained & rinsed | ¼ teaspoon ground black pepper |
| 2 (14.5-oz.) cans tomatoes, with juices | |

Directions:

1. Heat oil in a large pot over medium-high heat. Add onions. Cook, stirring frequently, until tender, about 5 minutes. Add garlic and cook for 30 seconds longer, stirring constantly.
2. Add tomatoes, water, chili powder, cumin, salt, and pepper. Cook until mixture begins to bubble.
3. Reduce heat to low. Add beans and corn. Cover and cook, stirring occasionally, about 30 min. Serve hot.

9. Make Green Beans & Tomatoes for a fast & easy side dish.

Ingredients:

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| 1 onion, chopped | ½ teaspoon salt |
| 2 (14.5-oz.) cans green beans, drained & rinsed | ¼ teaspoon pepper |
| 1 (14.5-oz.) can tomatoes, with juices | ½ teaspoon garlic powder (optional) |

Directions:

1. Place all the ingredients in a medium sauce pot over medium-high heat. Cook, stirring occasionally, until mixture begins to bubble. Reduce heat to low and cover. Simmer for 10-15 minutes. Serve warm.

10. Make Spinach & White Bean Stew (Recipe from Michigan Nutrition Network)

Ingredients:

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| 1 Tablespoon oil | 1 garlic clove, minced (or 1 tsp garlic powder) |
| 1 small onion, diced | 4 cups chicken stock, vegetable broth or water |
| 1 (14.5-oz.) can tomatoes, with juices | 1 (15-oz.) can white beans, drained & rinsed |
| ½ teaspoon rosemary or cumin | 1 (14-oz.) can spinach, drained |
| 1 cup whole wheat pasta | Salt & pepper to taste |

Directions:

1. Heat oil in a saucepan over medium heat. Add onions and garlic and cook, stirring often, until softened.
2. Add broth/stock/water, tomatoes, drained beans and rosemary or cumin. Season with black pepper. Bring to a boil. Add pasta and cook until tender. Add spinach and cook until heated through. Serve hot.

11. Make Cheesy Hamburger Skillet (Recipe from Share Our Strength's Cooking Matters™)

Ingredients:

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| 2 cups whole wheat macaroni noodles | 1 (14.5-oz.) can tomatoes, with juices |
| 1 lb. lean ground turkey or beef | 1 teaspoon dried herbs (like thyme or parsley) |
| 1 bell pepper, diced | ½ teaspoon salt |
| 1 small onion, diced (or 1 tsp onion powder) | ¼ teaspoon pepper |
| 3 garlic cloves, minced (or 1 tsp garlic powder) | 1 cup shredded cheese |

Directions:

1. Cook and drain macaroni according to package instructions. Rinse with cool water. Set aside.
2. In a large skillet over medium heat, add ground meat, bell pepper, onion, and garlic. Cook, crumbling meat with a spatula, until meat is no longer pink, about 15 minutes. Drain excess fat.
3. Stir in macaroni, tomatoes with their juice, herbs, salt and pepper. Sprinkle with cheese.
4. Cover and cook over medium heat until cheese is melted, 5-7 minutes. Serve warm.

12. Make Tomato & Cabbage Soup (Recipe from Michigan Nutrition Network)

Ingredients:

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| 2 Tablespoons oil | 4 cups water |
| 3 cups shredded cabbage | 1 onion, chopped (or ¼ tsp onion powder) |
| 1 (14.5-oz.) can tomatoes, with juices | 3 cloves garlic, minced (or 2 tsp garlic powder) |
| 3 Tablespoons tomato paste | Salt & pepper to taste |

Directions:

1. Heat oil in a saucepan over medium heat. Add onion and cook until soft, about 5 minutes. Add garlic and cabbage; cook, stirring constantly, until cabbage is tender.
2. Add tomatoes, tomato paste and water. Turn heat to medium-high and bring to a boil. Cover and reduce heat to low. Simmer for 10 more minutes. Add salt and pepper to taste.

