

# Can-Do TOMATO



## *Pico de Gallo*

Servings: 8

### Ingredients

- 2 cups tomatoes (chopped ripe)
- 1 ½ cups onion (chopped)
- ⅓ cup cilantro (chopped, fresh)
- 3 jalapeno pepper (seeded and chopped)
- 2 tablespoons lime juice
- 2 cloves garlic (minced)
- ¼ teaspoon salt

### Directions

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

### Measurement equivalents

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅓ 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 teaspoon oil
- 1 green pepper, chopped
- 1 small onion, diced
- ½ teaspoon each chili powder and garlic powder
- 1 cup uncooked rice
- 1 cup water
- 1 (14.5-ounce) can diced tomatoes

### Directions

1. Cook onion, pepper and rice in oil over medium heat 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:** to heat a liquid until bubbles break continually on the surface

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

**Dice:** to cut food into small cubes of uniform size and shape

**Divided:** to use a particular ingredient more than once in the same recipe

**Simmer:** to cook slowly in liquid over low heat at a temperature of about 180 degrees; 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)
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (14.5-ounce) can sliced carrots, drained or 6 medium carrots, sliced
- 1 (15-ounce) can diced potatoes, drained or 2 medium potatoes, diced
- ½ teaspoon sugar

### Directions

1. Brown meat in skillet over medium heat. Drain fat, if any. Season lightly with salt and pepper (optional).
2. Combine cooked meat, tomatoes, carrots, potatoes, and sugar in a pot. Cook over medium heat 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
- 1 (10.75-ounce) can tomato soup, condensed
- 1 (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. Brown meat in skillet on stove over medium-high heat. 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.

