

Feed Bellies, Not Bins!

Tomatoes

How many times have you bought a bag of carrots and then struggled to use them all before they've gone bendy?

Or bought a bag of apples, forgetting you've not eaten last week's yet?

Be inspired to use it all and lighten the load for the recycle bin collectors.

This time, we look at tomatoes...

Pasta Salad

The perfect dish for clearing out the fridge!

Simply chop up your tomatoes (+ cucumber, olives, carrots, celery, beetroot, radishes...) and mix in a large bowl with cooked and cooled pasta.

Add some protein of your choice – tinned tuna or salmon, chopped ham, cooked chicken, tinned chickpeas, or cheese chunks.

Add a spoonful of mayo, natural yoghurt or olive oil and season to taste, and mix until well combined.

Brilliant for packed lunches!



Roasted/Grilled Tomatoes

Roast or grill cherry or large tomatoes for the side of a cooked breakfast, or serve with chicken or fish.

Leave cherry tomatoes whole, and slice large tomatoes in half. Place in a baking dish or on a grill pan (cut side up), drizzle with a dash of olive oil and season with herbs.

Cook cherry tomatoes for approx. 15 minutes, and larger tomatoes for up to 30 minutes (depending on personal preferences for texture).

Tomato Salad

Ingredients:

- Large fresh tomatoes
- Olive oil
- Mixed herbs/herbs of choice
- Salt and pepper

Method:

Thinly slice tomatoes and place in a shallow dish.

Drizzle with a small amount of olive oil, sprinkle with herbs and add salt and pepper to taste.

Serve immediately with a frittata and crusty bread, or chicken wraps and salad.



Go Bold! Try adding thinly sliced olives and/or crumbled or small chunks of feta/Greek salad cheese. Yum!

Tomato Soup

Struggling to use up a glut of homegrown tomatoes? Soup is your answer!

Chop up an onion or two and cook over a medium heat in a large saucepan, until starting to soften.

Pop all of your tomatoes into the saucepan, add chopped garlic and any seasoning of choice – fresh herbs are ideal but dried herbs work too. Cook for 5-10 minutes stirring regularly.

Make up about 1 pint of vegetable stock with boiling water and add to the saucepan. Top up with boiling water so that the liquid just covers the veg.

Optional: add a handful or two of rice to bulk out and thicken the soup. You could also use lentils!

Continue cooking on a low heat for 15-20 minutes, or until rice/lentils have cooked through.

Remove from the heat and use a hand blender or food processor to blend until smooth.

Serve with bread for a delicious lunch, or portion into containers and freeze for a later date.

Don't be afraid to add extra veggies – peppers, leeks, courgettes, butternut squash... it all works!

Sausage Stew or Casseroles

Any stew or casserole is the perfect vessel to use up some tomatoes on their last legs!

Leave cherry tomatoes whole (or halved) and chop larger tomatoes into quarters.

Simply pop them in towards the end of the cooking time (they'll need about 20 minutes) and they'll add extra flavour and juiciness to your meal.

Tomato Sauce

Ingredients:

- Tomatoes (you can also use tinned tomatoes – skip the first two steps!)
- 1-2 tbsp olive oil
- Tomato puree
- Onion
- Garlic (to taste) – chopped or crushed
- Salt, pepper and herbs of choice
- Optional extras:
 - Carrot
 - Celery
 - Peppers



Method:

1. Prepare and roast tomatoes as explained above in 'Roasted/Grilled Tomatoes' – you may need to allow an extra 5-10 minutes of cooking time to ensure they are fully softened.
2. Transfer the cooked tomatoes to a bowl and use a hand blender, food processor or potato masher to puree them.
3. Finely chop the onion (and other veg being used) – the more finely chopped they are, the quicker they will cook and the smoother the sauce will be.
4. Heat a dash of olive oil in a saucepan or large frying pan and add the chopped veg. Cook until softened, stirring regularly.
5. Add the garlic and cook for a further 2-3 minutes.
6. Add in the blended tomatoes and season to taste. Add tomato puree to thicken the sauce if needed.
7. Mix well and cook until desired consistency is reached. Blend for smoothness if desired, or serve 'chunky' as the base of a Bolognese or pasta dish.
8. You can portion this up and freeze for later – simply defrost a portion whenever you need it for a ready-made sauce!