

Family/ Parents Tomato Recipe

Baked Parmesan Tomatoes

LINK: <http://zenandspice.com/baked-parmesan-tomatoes/>

Ingredients

- 2-3 large beefsteak tomatoes
- 1 cup shaved parmesan cheese
- 1 Tbsp dried basil
- 1 Tbsp dried oregano
- 2 Tbsp fresh Italian parsley, roughly chopped

Instructions

- Preheat your oven to 400 degrees F. Spray a baking sheet with cooking spray.
- Slice the tomatoes into 1/4" slices and arrange on the baking sheet.
- Top each slice with enough parmesan to cover the top, as well as a sprinkling of basil and oregano.
- Bake for 10 minutes, until the cheese is melted and bubbly.
- Top with the fresh chopped Italian parsley.
- Serve immediately!

Notes

- Tastes great with fish, shrimp, or beef dishes as a side dish!

Cheesy Grilled Tomatoes

LINK: <https://kidfriendlythingstodo.com/cheesy-grilled-tomatoes-for-an-easy-grilling-recipe/>

Prep Time: 5 min

Ingredients

- About 6 Roma Tomatoes cut in half
- Salt to taste
- 1/4 cup of Zesty Italian Dressing

- 1 cup of Shredded Mozzarella Cheese
- 1/4 cup of Grated Parmesan Cheese
- Chopped fresh basil and chives - can substitute dried herbs
- other ideas for toppings...
- garlic flavored bread crumbs
- olive oil
- minced garlic

Instructions

- Preheat grill to medium heat
- Place the cut tomatoes into the foil pan with the cut side up
- salt
- Pour dressing evenly over the tops
- Add the cheeses evenly to the top of the tomatoes
- Place the pan onto the grill and close the lid
- Grill for about 15 minutes or until the cheese has melted through
- Add the herbs to the top of tomatoes and serve warm

Notes

- If you add the other optional toppings, add them before grilling

Creamy Tomato Soup

LINK:<http://www.gardenandtable.net/creamy-tomato-soup-free-recipe-below/>

Total Time: 30 Minutes

Ingredients:

2 tablespoons olive oil

4 garlic cloves, minced

1 large yellow onion, sliced

2 (28 oz) cans San Marzano peeled tomatoes

1 cup chicken stock (or vegetable stock)

2 tablespoons sugar

1/4 cup half and half

8 large fresh basil leaves, roughly chopped

1/4 teaspoon dried oregano

kosher salt and freshly ground black pepper, to taste

Directions:

In a heavy bottomed pot (or dutch oven), heat olive oil over medium-high heat. Add garlic and saute for 30 seconds - until fragrant. Add onion and cook, stirring as needed, until translucent - about 8 minutes.

Add San Marzano peeled tomatoes (juice and all), chicken stock, and sugar. Bring to a low simmer. Cook uncovered, for 12 minutes or until it has thickened.

Add the half and half, basil, oregano and season to taste with salt and pepper.

Using an immersion blender (or carefully transfer soup to a blender), puree soup until there are no large chunks left. Serve immediately with a grilled cheese or hunk of warm french bread!

Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months.

Kid-Friendly Croissant with Turkey, Mozzarella, and Tomato

LINK: <https://www.broughttoyoubymom.com/kid-friendly-croissant/>

Ingredients

- 1 roll of Pillsbury® Crescents or homemade crescent rolls
- sliced turkey breast
- 4 large grape tomatoes
- mozzarella block

Recipe

- Preheat oven to 350° F.
- Roll out crescent roll dough onto baking sheet.
- Prep grape tomatoes by slicing them thin – set aside.
- Slice thin slices of mozzarella – enough for one slice each crescent roll.
- Lay one cheese slice over every crescent roll – adding the turkey slice – then three slices of the tomatoes.
- Roll the dough into a croissant.
- Bake for about 9-10 minutes.
- Let cool before serving.

Hidden Vegetable Spaghetti Sauce

LINK: https://www.morganmanagesmommyhood.com/hidden-veggie-spaghetti-sauce/?utm_source=pinterest&utm_medium=social&utm_campaign=SocialWarfare

Prep Time 10 minutes Cook Time 1 hour Total Time 1 hour 10 minutes

Servings 6

Ingredients

- 5-6 large carrots
- 1 bell pepper yellow, orange, or red
- 2-3 tbsp olive oil
- 3-4 cloves garlic minced
- 3 28 oz cans crushed tomato
- salt + pepper to taste

Instructions

- Steam or roast carrots and peppers. Blend with a little water if necessary until a smooth puree forms. Set aside.
- In a large saucepan, saute the onions in the olive oil over medium heat until translucent.
- Add garlic and cook another 1-2 minutes until fragrant.
- Pour in cans of tomatoes and 2 cups of veggie puree.
- Simmer at least 20-30 minutes, longer is better.

Recipe Notes

-This makes a huge batch since it freezes really well. Feel free to halve it as needed.

-Use whatever veggies work for you - carrots and bell peppers are sweeter and less likely to be notice.

Baked Cheese & Tomato Risotto

Prep Time: 2 mins Cook Time: 35 mins

LINK: <https://www.myfussyeater.com/app/>

Ingredients

- 1 tbsp olive oil
- 1 white onion, finely diced
- 2 cloves of garlic, chopped
- 250g / 2 & 1/2 cups cherry tomatoes
- 200g / 7oz risotto rice
- 600ml / 2 & 1/2 cups hot vegetable stock
- 75g / 3/4 cup grated cheddar cheese
- 1 tbsp chopped fresh chives

Instructions

- Preheat the oven to 200c / 400f
- Add the olive oil, onions, garlic and tomatoes to a baking dish and bake in the oven for 15 minutes.
- After 15 minutes the tomatoes will be nicely roasted. You can either leave them whole or else gently mash them to break them down.
- Add the risotto rice and vegetable stock to the dish and return to the oven for 20 minutes, stirring twice. The stock should all be absorbed by now and the rice cooked through.

- Remove from the oven and stir in the grated cheese and chives.
- Serve immediately with some cooked greens or a side salad.