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FOOD RECIPES



Searching for flavorful ways to stay warm and keep your friends and family happy this season? Look no further than that culinary treasure in your cupboard, a can of European tomatoes. Your chili will taste that much better with our Greatest Tomatoes from Europe! Your stews will create smiles and your guests will go home satisfied beyond your wildest dreams.

European canned tomatoes lock in the freshness and warmth of the Mediterranean sun bringing a tremendous amount of flavor and zest to any dish! Grown for best taste and quality in a land where tomatoes are part of its gastronomical heritage and culture. Picked at their peak of ripeness, then preserved by time-honored methods, these luscious European tomatoes are versatile and filled with goodness.

Here are a few easy recipes from Chile and Pasta to Soup and Stew guaranteed to warm your belly and feed your soul. "Greatest Tomatoes from Europe": high-quality gifts from mother nature!

### SOUTH WESTERN STYLE BEEF CHILI

Time: 1 hr 40 minutes Difficulty: easy Serves: 4

- 15 oz can red kidney beans, drained
- 1 tablespoon extra-virgin olive oil
- 1 1/4 lbs lean ground beef
- 1 large yellow onion
- 1-2 garlic cloves
- 14 oz canned whole peeled tomatoes
- 12 oz tomato passata (pureed tomatoes)
- 1/2 cup beef broth
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon granulated sugar
- 1/4 teaspoon ground coriander
- Salt and freshly ground black pepper to taste
- Grated cheddar cheese, for Topping (when serving)

Heat olive oil in a deep pot on a high heat. Add chopped onions and sauté till golden, add garlic, turn heat to medium and sauté 30 seconds more. Add the beef and cook, stirring occasionally until beef has browned. Stir in the peeled tomatoes, tomato passata, beef broth, and all dry seasonings. Add salt and pepper to taste. Cook on a low heat, stirring occasionally for approximately for 1 to 1 1/2 hours. Add the grated cheddar cheese to taste on serving.

### BUCATINI ALLA "SETTEMBRINI" — TRICOLOUR PASTA

Time: 30 min Difficulty: easy Serves: 4

- 10 oz bucatini pasta
- 14 oz canned whole peeled tomatoes, drained, deseeded and chopped
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, finely-chopped
- 5/6 fresh basil leaves
- 1 1/2 stick butter
- 5 oz parmesan cheese, grated

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2 oz parmesan cheese, grated  
 2 cups zucchini, cut into julienne  
 Pinch of sugar  
 Oregano to taste  
 Salt and black pepper to taste

First, prepare the tomato sauce. Heat the oil in a frying-pan over a medium heat and sweat the garlic for a few minutes until soft and starting to caramelize. Add the tomatoes, half of the basil and a pinch of sugar. Season with salt and the oregano. Simmer over a gentle heat for at least 20 minutes. After 15 minutes has passed, cook the bucatini in plenty of salted boiling water until al dente and drain, reserving a little of the cooking liquid. Meanwhile, blanch the courgettes in boiling water for 30 seconds; drain. Sauté the zucchini in half the butter in a heavy frying pan over a medium heat for a few minutes. Season with salt and black pepper. Melt the remaining butter. Arrange the pasta in a three-section rectangular serving dish as follows. In the left-hand section, put one-third of the pasta mixed with a generous amount of hot tomato sauce — keep it warm on the stove until you need it. In the middle section, put another third mixed with the melted butter and lots of freshly grated Parmesan. In the right-hand section, put the last third of pasta mixed with the sautéed zucchini.

#### ZUPPA DI LENTICCHIE — LENTIL SOUP

Time: 45 min Difficulty: easy Serves: 4

1 1/2 cups dried brown lentils or 10 oz canned cooked lentils  
 18 oz peeled tomatoes  
 1 large onion  
 1 garlic clove  
 4 tablespoons extra-virgin olive oil  
 1 bay leaf  
 1 hot chili  
 Salt to taste

Finely chop the onion and garlic. Pour a generous dash of oil to cover the bottom of a saucepan, add the chopped onion and garlic to soften on a low heat for about ten minutes. If they start to sauté, add a tablespoon of water. Add the already cooked lentils to the pan, then add the peeled tomatoes and the bay leaf, and let the mixture cook for two or three minutes, then add water (about a litre), salt, and cook for about 20 minutes. Excellent with fried or baked croutons.

#### PAPPA AL POMODORO — BREAD AND TOMATO SOUP

Time: 55 min Difficulty: easy Serves: 4

28 oz canned chopped tomatoes  
 2/3 lb stale bread  
 2 pints vegetable broth  
 4 garlic cloves  
 10 basil leaves  
 1 celery stalk  
 1 carrot  
 4 tablespoons extra-virgin olive oil  
 2 oz parmesan cheese  
 1/2 teaspoon of sugar  
 Salt and pepper to taste

Soften the chopped celery and carrot in a little extra-virgin olive oil with one clove of garlic. Then add the chopped tomatoes, sugar and salt. Let it simmer for 40 minutes. Heat the vegetable broth and then pour in the prepared tomato sauce. Add in the stale bread, the remaining cloves of garlic, a little extra-virgin olive oil and the basil.

Cook the mixture until the broth has been completely absorbed. Serve the soup in a bowl garnished with a little extra-virgin olive oil and a leaf of basil. Sprinkle with parmesan to taste.

#### SALSA GENOVESE — BEEF, ONION & WINE SAUCE

Time: 3h 30 min Difficulty: medium-high Serves: 4

1 1/4 lbs stewing beef in one piece  
 4 cups onion  
 3 carrots  
 2 celery stalks  
 1/5 cup salami  
 1/5 cup prosciutto crudo (raw parma ham)  
 2 tablespoons of lard  
 3 tablespoons of olive oil  
 3 oz tomato passata (pureed tomatoes)  
 10 fl oz dry white wine  
 Salt and pepper to taste

Slice thinly the onion, celery stalks and carrots. Dice the salami and prosciutto; put the meat in a heavy-bottomed casserole dish together with the vegetables, the olive oil and the lard. Brown the meat, vegetables, salami and prosciutto in the lard and oil. Add the tomato passata diluted with a little warm water. Once the water has evaporated, add the wine and let it cook covered for at least two hours. Once the meat is cooked, press the onions with a fork to make a dense sauce. Serve your favourite pasta hot with this sauce.

"Greatest Tomatoes from Europe" is not a specific BRAND. It is a claim representing canned tomatoes 100% Made in Europe!

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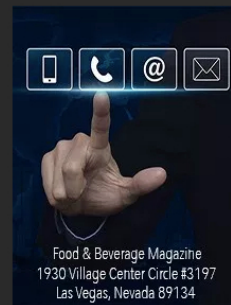
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