

PANTRY PICK- EAT WELL, LIVE WELL



Tomato Paste A Pantry Powerhouse!



Food Facts

High in Vitamins A & C- Boosts **immunity** and **eye** health

High in Lycopene- A powerful **antioxidant** that supports **heart** health ❤️ & fights **inflammation!**

Naturally Fat free- **Heart** healthy and **low calorie** ingredient

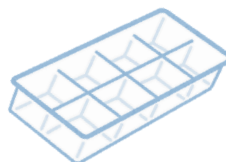
Storage

Store **unopened bag** in cool, dry place for **2 years**.

After opening, store sealed containers in: **refrigerator** for 1 week or **freezer** for 6-9 months.

Freezer Tip:

Try using ice cube trays for easy servings.



Quick & Easy

Tomato paste is versatile, rich in flavor, and easy to add to meals.

Here are some fast ways to use it:

Quick Pasta or Pizza Sauce

- Mix 2 tbsp tomato paste + ½ cup water + garlic + Italian herbs for a 5-minute pasta or pizza sauce.

Soup & Stew Base

- Stir 1-2 tbsp into broth-based soups (vegetable, minestrone, lentil) for extra depth.
- Add to chili, beef stew, or curry for a richer flavor.

Simple Homemade Ketchups, Sauces, Dressings, and Marinades

- Blend tomato paste + broth + chili powder + cumin for easy taco sauce.
- Mix tomato paste + garlic + oregano for a 5-minute pizza sauce.

Try these recipes using Tomato Paste

BBQ Pulled Chicken A Family Favorite

Ingredients:

- 4 boneless, skinless chicken breasts (or thighs for extra tenderness)
- 1/2 cup tomato paste
- 1/2 cup vinegar (apple cider or white)
- 4 tbsp honey or brown sugar
- 2 tsp garlic powder
- 1 tsp paprika
- 1 cup water or chicken broth
- 2 tbsp olive oil
- Salt & pepper to taste



Instructions

- Preheat oven to 325°F
- Place chicken in a large baking dish and season with salt and pepper.
- In a bowl, whisk together tomato paste, vinegar, honey, garlic powder, paprika, and broth.
- Pour sauce over the chicken and cover the dish tightly with foil.
- Bake for 60-75 minutes, or until chicken is tender and easily shredded.
- Shred chicken with two forks and mix with the sauce.
- Serve on sandwich buns, rice, or tacos!

Slow Cooker Tomato & Lentil Dal

Ingredients:

- 1/4 cup tomato paste
- 1 cup red lentils
- 4 cups vegetable broth
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp ginger (grated)

Instructions:

- Combine all ingredients in a slow cooker
- Cook on low for 6-8 hours or high for 4 hours.
- Serve with rice, naan, tortillas or yogurt!



Simple Tomato-Based Marinade

Ingredients:

- 1/4 cup tomato paste
- 2 tbsp olive oil
- 2 tbsp vinegar (balsamic or apple cider)
- 1 tbsp soy sauce or Worcestershire sauce
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp paprika or chili powder (for a smoky touch)

Instructions:

- Mix all ingredients in a bowl.
- Coat meat, tofu, or veggies and let marinate for at least 30 minutes (or overnight for deeper flavor).
- Grill, bake, or pan-fry as desired.



Simple Homemade Ketchup

Ingredients:

- 1/2 cup tomato paste
- 2 tbsp vinegar (apple cider or white)
- 1 tbsp brown sugar or honey
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 cup water (adjust as needed)

Whisk all ingredients until smooth.

Ketchup Variations:

- Spicy:** Add 1/4 tsp cayenne or hot sauce
- Smoky:** Add 1/2 tsp. smoked paprika