

Recipes from Table for One, Session #1 Canned Tomatoes

#1. Marinara Sauce

1 large can crushed tomatoes

½ onion diced

½ green or red bell pepper diced

1 tsp. garlic powder or 1 Tablespoon fresh or minced garlic

1 Tablespoon Italian seasoning

1 tsp sugar

Salt and pepper to taste

Sauté onions and peppers until onions are translucent and tender. Add tomato and seasonings and cook over medium heat for 30-40 minutes. Stir in sugar. This is ready to use on your favorite pasta or crusty French bread. You can eliminate onion, garlic or pepper based on your taste and diet but be sure to cook the tomatoes for at least 30 minutes to eliminate canned taste.

#2. Fish Stew

Using 1/3 of the sauce you made above add 16 oz. chicken broth (1 can or half a box). Add 4-6 bay leaves and chopped Cod or other whitefish filet, about 4-6 oz.

You can add chopped spinach or kale to this and simmer on medium heat until fish is white. Serve as a stew or over rice with a nice green salad on the side. Approx. cooking time 15- 20 minutes.

#3. Shakshuka

Using 1/3 of the sauce above add ½ cup water or chicken broth to thin sauce. Bring to a medium boil and add 2 raw eggs. Just crack and remove the shells and drop the egg in whole to poach. Once white of eggs is firm it is ready to serve. (7-10 minutes) You can spice this up with red pepper flakes while cooking, add additional flavors and spices to enhance the sauce such as cumin, smoked paprika or any other seasonings you enjoy. Add spices before adding eggs. Scoop into a shallow bowl and serve with crust bread to soak up the delicious flavors!

Enjoy!