




Tomato Recipes

by Vita-Mix®



Too many tomatoes? Let your Vita-Mix machine help you make the most of them! Turn fresh, ripe tomatoes into delicious soups, juices and (yes!) ice cream to enjoy right now and sauces, salsas and relish to store on the shelf for later. Cooking and canning has never been so easy because there is no need to peel or seed the tomatoes. All you do is wash and quarter them, then let the Vita-Mix whole food machine take it from there!

You'll use your entire crop and get all the valuable nutrition found only in the tomato skins and seeds. Some recipes take only seconds – others only a minute or two. Either way, be sure to follow the instructions carefully because the Vita-Mix machine has a super-powerful motor and custom-crafted blades that work very quickly. The recipes in this book were developed exclusively for the Vita-Mix whole food machine and are not recommended for ordinary kitchen appliances.



About the Vita-Mix Machine

The Vita-Mix machine has the power to perform a wide variety of food processes and does them faster and more effectively than ordinary kitchen appliances. It does everything without a single attachment and cleans up in just seconds. Most importantly, the Vita-Mix machine uses whole foods in every recipe and has the power to break open the cell walls to release more nutrition than you get from food that is simply chewed. Here's just a sample of what this amazing machine can do for you:

- **Make juice from fresh produce in under a minute**
- **Cook hot soup from scratch in just five minutes**
- **Make healthy, delicious frozen treats in 30 seconds**
- **Grind whole grains and knead dough in one easy operation**
- **Chop vegetables in an instant**
- **Cook puddings, fruit syrups and sauces without fear of burning, lumping or scorching**

Ice Cream

Tomato Ice Cream

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- **2 cups (480 mL) ripe tomatoes, quartered**
- **1/2 cup (120 mL) sugar, or other sweetener**
- **1/2 teaspoon (3 mL) pure vanilla extract**
- **1/2 cup (120 mL) nonfat dry milk**
- **2 cups (480 mL) low fat milk cubes**
- **3 cups (720 mL) ice cubes**

Place all the ingredients in the Vita-Mix wet blade container in order listed. Secure 2-part lid. Insert tamper through lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #10; then to **HIGH**. If necessary, use tamper to push ingredients into blades while the Vita-Mix is running. In about 30 seconds, test the "stiffness" of the ice cream. If it will stand up in a cup like soft serve ice cream, it is frozen and should be served immediately. If it has the consistency of a milk shake, quickly add one more cup of frozen cubes. Blend for 5 seconds and serve. *Makes about 5 cups.*

Vegetarian version: Omit nonfat dry milk. Replace low fat milk cubes and ice with (4 to 5 cups) frozen vanilla soy beverage cubes. Proceed as directed above.

Drinks

Tomato Juice

Use 2 or 3 ripe tomatoes, quartered

Fresh Tomato Juice: Quarter clean tomatoes and remove stem end core. Place tomatoes in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #10; then to **HIGH**. Process for **30 to 60 seconds**, until smooth. Chill and serve. *Makes 1-1/4 cups.*

Traditional Tomato Juice: Follow above instructions. Pour tomato juice into a saucepan and simmer over medium heat for 5 to 10 minutes. Salt to taste. Chill and serve. *Makes 1-1/4 cups.*

Canned Tomato Juice:

Step 1. Fill the Vita-Mix wet blade container with 6 to 8 cups clean tomato quarters (for each batch). Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #10; then to **HIGH**. Process for 30 to 60 seconds, using the tamper to stir.

Step 2. In a large saucepan, bring juice to a boil, stirring occasionally. Salt to taste. Add 2 tablespoons lemon juice per quart of tomato juice. Freeze or can. To can, pour into hot, scalded jars, leaving 1/4-inch headspace for pints and 1/2-inch headspace for quarts. Seal and process pints 35 minutes and quarts 45 minutes in a boiling-water bath.

If you wish to remove seeds and peels: Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #5 or #6. Process for **3 to 5 seconds**, until tomatoes are just broken up. Press through coarse sieve or food mill. Process by following Step 2 above.

Snappy Tomato Juice

4 medium ripe tomatoes, quartered (480 g)

1/4 sweet green bell pepper (30 g)

1/4 small onion (18 g)

1 clove garlic (3 g)

1/2 fresh hot chili pepper, seeded (7 g)

Salt to taste

Place all the ingredients in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #10; then to **HIGH**. Process for **1 to 1-1/2 minutes**. Chill and serve.

Variation: For a cooked version, simmer for 5 to 10 minutes over medium-low heat. Chill and serve. *Makes 3 cups.*

Juice

Herbed Tomato Vegetable Juice

3 pounds (1.36 kg) ripe tomatoes, quartered

1 medium carrot (60 g)

1/2 sweet green bell pepper (60 g)

1 celery rib, with leaves (40 g)

1/4 medium onion (28 g)

1/2 garlic clove (3 g)

1 tablespoon (15 mL) lemon juice

1 teaspoon (5 mL) honey (optional)

1/8 teaspoon (1 mL) black pepper

Salt to taste

1 small bay leaf (cooked juice only)

1 large fresh basil leaf (cooked juice only)

Fresh Juice: Place tomatoes, carrot, bell pepper, celery, onion, garlic, lemon juice, honey, black pepper and salt in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #10; then to **HIGH**. Process for **1 to 1-1/2 minutes**. Chill and serve. *Makes 6 cups.*

Cooked Juice: Follow above instructions. Pour juice into a saucepan; add bay leaf and fresh basil. Simmer over medium-low heat for 5 to 10 minutes. Remove bay leaf and basil. Serve cold. *Makes 6 cups.*

Quick Bread

Tomato Chili Bread

1 heaping cup (240 mL) ripe tomatoes, quartered

1 egg

2 tablespoons (30 mL) light olive oil, or canola

4 teaspoons (20 mL) dried minced onion, or 1/4 cup (60 mL) raw

1/2 cup (120 mL) whole mild green chilies

1/4 teaspoon (2 mL) garlic powder

1/2 teaspoon (3 mL) oregano

2 cups (480 mL) all-purpose flour

1/4 teaspoon (2 mL) basil

1 tablespoon (15 mL) baking powder

1/2 cup (120 mL) low-fat cheese

1 teaspoon (5 mL) salt (optional)

Place tomatoes, egg, oil, onion, chilies, garlic powder, oregano, basil and cheese in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE #1** and turn on machine. Process until chunky. In a mixing bowl stir flour, baking powder and salt together. Stir in tomato mixture until all ingredients are moist. Bake in a greased 8-inch square pan at **400°F (200°C)** for **30 to 35 minutes**. *Makes 9 servings.*

Sauces

Marinara Sauce

- 1 medium carrot (60 g)
- 1 tablespoon (15 mL) olive oil (optional)
- 3 medium garlic cloves (9 g)
- 2 small onions, quartered (140 g)
- 2 pounds fresh tomatoes, peeled and quartered (900 g)
- 1 teaspoon (5 mL) dried crushed basil
- 1/2 teaspoon (3 mL) dried crushed oregano
- 1/2 teaspoon (3 mL) salt (optional)
- 1/8 teaspoon (1 mL) dried red pepper flakes (optional)

Place all the ingredients in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #5. Process for about 5 seconds, until chunky. Simmer over low heat for 30 minutes, stirring occasionally. Serve with fish, broiled chicken or any pasta (a favorite is linguini). *Makes 4 to 6 servings.*

Spaghetti Sauce

- 3 cups (720 mL) tomatoes, peeled and quartered
- 1 medium onion, quartered (110 g)
- 6-ounce (180 mL) can tomato paste (or 3/4 cup)
- 1 garlic clove (3 g)
- 1 teaspoon (5 mL) dried parsley flakes
- 1 teaspoon (5 mL) dried crushed oregano
- 1/2 teaspoon (3 mL) dried crushed basil
- 1/4 teaspoon (2 mL) black pepper
- 1 teaspoons (5 mL) salt (or to taste)
- 1/2 teaspoon (3 mL) sugar, or honey
- 1 pound (2.2 kg) ground chuck or ground turkey (optional)
- 1 bay leaf

In a large skillet, brown meat over medium heat; drain away excess fat. Place all the ingredients except ground meat and bay leaf in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #5. Process for about **5 seconds**, until chunky.

Pour over meat and simmer for 30 minutes, stirring frequently. Remove bay leaf. To serve, spoon over cooked spaghetti. *Makes 6 servings.*

Sauces

Tomayo Sauce

- 1/2 cup (120 mL) of mayonnaise (regular style or nonfat)
- 1 large tomato, peeled, seeded and quartered (180 g)
- 1 tablespoon (15 mL) Dijon style mustard
- 1/4 small onion (28 g)
- 1/2 teaspoon (3 mL) dried crushed basil

Place all the ingredients in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #5. Process for **5 to 10 seconds**. Serve over steamed vegetables of fresh tomato wedges. Also makes a delicious salad dressing or vegetable dip. **Variation:** Add broken bits of crispy bacon. *Makes 1-1/4 cups.*

Garden Fresh Salsa

- 3 roma tomatoes, quartered (186 g)
- 1 medium onion, quartered (110 g)
- Up to 1/2 cup (120 mL) mild green chilies
- 1/2 teaspoon (3 mL) salt (optional)
- 1/4 teaspoon (2 mL) black pepper
- 1/2 teaspoon (3 mL) sugar

Place all the ingredients in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #3. Process for **3 to 5 seconds** or until desired chunkiness. If necessary, use tamper to press ingredients into blades to start mixture circulating. *Makes 2 cups.*

Caution: for milder salsa use 1/4 onion and a small amount of chilies. Sample. Stir in more chilies to taste.

Fresh Tomato Relish (Picante)

- 2 large fresh tomatoes, quartered (360 g)
- 1/2 medium onion, cut in half (50 g)
- 2 tablespoons (30 mL) red wine vinegar
- 1 teaspoon (5 mL) Dijon style mustard
- 1/2 teaspoon (3 mL) salt (optional)
- 1 tablespoon (15 mL) water

Place all the ingredients in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #5. Process for **3 to 5 seconds** or until chunky. Serve alone, as a dip or salsa, or over cold pasta. *Makes about 2 cups.*

Sauces

Chili Sauce

- 1 peck (12.5 lb) (5.7 kg) ripe tomatoes, quartered and cored
- 6 sweet green bell peppers, seeded and demembrated (720 g)
- 6 large white onions, quartered (900 g)
- 1 tablespoon (15 mL) dried hot pepper pods (optional)
- 2 cups (480 mL) brown sugar
- 3 cups (720 mL) cider vinegar
- 3 tablespoons (45 mL) coarse salt (optional)
- 1 tablespoon (15 mL) black pepper
- 1 tablespoon (15 mL) ground allspice
- 1 teaspoon (5 mL) ground cloves
- 1 teaspoon (5 mL) ground ginger
- 1 teaspoon (5 mL) ground cinnamon
- 1 teaspoon (5 mL) ground nutmeg
- 1 teaspoon (5 mL) celery seed
- 2 tablespoons (30 mL) dry mustard

Place (4 cups at a time) tomatoes, bell peppers, onions and dried pepper pods in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn on machine and quickly increase speed to #5 and process for about **5 seconds**, until chunky. If necessary, use tamper to push ingredients into blades. Combine all ingredients in a large pot and simmer until very thick, about 3 hours. Ladle into sterile pint jars and process in boiling-water bath for 15 minutes. *Makes about 8 pints.*

Fresh, juicy vine-ripened tomatoes are always best, but you can make these delicious Vita-Mix recipes in the “off season” by ripening tomatoes right in your kitchen. Here’s how: Simply place tomatoes in a brown paper bag and set them out on the sink to ripen at room temperature. If you add an apple to the bag, you will speed up the process. You can also cover them with a cloth and leave them out on the counter at room temperature. **Note:** Tomatoes should always be stored at room temperature; though they may not keep as long, they’ll retain their robust flavor.

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Soups

Tomato Onion Cheese Soup

- 2 ripe tomatoes, quartered (360g)
- 1/4 medium onion (28 g)
- 1/2 cup (120 mL) sharp cheddar cheese (or Swiss cheese)
- 1 tablespoon (15 mL) tomato paste
- 2 cups (480 mL) low sodium chicken or vegetable stock

Place all the ingredients in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn machine on and quickly increase speed to #10; then to **HIGH**. Blend for **5 to 6 minutes**, until smooth. Adjust seasoning. *Makes 4 to 6 servings.*

Creamy Tomato Soup

- 4 cups (960 mL) skim milk, hot
- 3/4 cup (180 mL) flour
- 1/4 cup (60 mL) heart healthy spread
- 1-1/2 teaspoons (8 mL) salt (optional)
- 3 fresh tomatoes, quartered (540 g)

Place milk, flour, spread and salt in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn machine on and quickly increase speed to #10; then to **HIGH**. Blend until thickened (about **2 to 3 minutes**). While machine is running, reduce speed to **VARIABLE #5 OR #6**. Add tomatoes through lid and process for **10 seconds**. *Makes 4 to 6 servings.*

Gazpacho

- 2 large ripe tomatoes (1 pound), quartered (360 g)
- 1 cucumber, peeled and cut in 1-inch lengths (200 g)
- 1 small onion, quartered (70 g)
- 1 sweet green bell pepper, seeded (120 g)
- 3 cups (720 mL) tomato juice (fresh or canned)
- 1/3 cup (80 mL) red wine vinegar
- 1/4 cup (60 mL) olive oil (optional)
- 1/8 teaspoon (1 mL) hot sauce
- Salt and pepper to taste

Place all the ingredients in the Vita-Mix wet blade container. Secure 2-part lid. Select **VARIABLE** speed #1. Turn machine on and quickly increase speed to **VARIABLE #5**. Blend for **15 to 20 seconds** or until chunky, using the tamper to stir, if needed. Chill and serve. *Makes 3 servings.*