

# Greenhouse Vegetables

Check it out!

## Everyday Tomato Sauce

### Ingredients:

- 1 1/2 tsp oil
- 1 onion chopped
- 2 1/2 cups chopped tomatoes
- 1 Tbsp garlic powder or 2 cloves garlic
- 1/2 tsp oregano
- Salt and pepper to taste



### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion and cook until soft, stirring often.
3. Add tomatoes, garlic, oregano, salt, and pepper.
4. Simmer for 15-20 minutes or until thickened.
5. Serve over pasta, rice, or cooked vegetables.
6. Refrigerate or freeze leftover sauce for meal prep.

- One medium tomato=1/2 cup chopped
- Don't worry about the tomato being perfectly chopped, any size or shape will do for this sauce
- Feel free to add in other veggies like peppers, eggplant, or zucchini as you have them.



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Makes 6 servings

## Easy Summer Salad



### Ingredients

1 cucumber  
1 onion  
2 tomatoes  
1 clove garlic  
4 Tbsp lemon juice  
1 Tbsp oil  
1/4 tsp salt and pepper

1.

Chop the cucumber, onion, tomatoes, and garlic and place in a large bowl.

2.

Mix with lemon juice, oil, salt, and pepper. Chill or serve room temperature.

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Preheat the oven to 400 degrees.

Wash and cut the top off of your peppers, and scoop the seeds out of the inside.

Choose your stuffing and bake for 20-30 minutes. Enjoy!

Stuffing ideas:

- Cooked rice
- Canned beans
- Tomatoes
- Onion
- Salsa
- Cheese
- Corn
- Garlic

## Stuffed Peppers



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## Stuffed Peppers



## Shakshuka



Try out this simple, one skillet recipe of eggs simmered in tomato sauce!

1.

Slowly warm olive oil in the pan. Add chopped onion, peppers, and garlic and cook until soft.

2.

Add tomato sauce to pan (whatever variety you choose, could use canned or homemade) and stir well.

3.

Crack 4-5 eggs into the sauce mixture, cover pan, and cook to desired consistency (about 7-8 min).

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