

Garden Made Simple: Feel Good Creations

Balanced Recipes from
The Garden



Garden Made Simple

This cook book is designed to help our friends and family see how easy it is to eat healthy by keeping the 'interest' in interesting. Our purpose is to be resourceful, have fun and show you that it can be simple. It's all in how you create!

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Dinner

Southern Tomato Pie



Have an abundance of Tomato's from your garden? This is a great way to not let them go to waste. It also brings in a touch of southern comfort!



Prep: 10



Cook: 40



Difficulty: Easy



Cuisine: American



Makes: 6-8 slices



Serves: 4-6

Southern Tomato Pie



INGREDIENTS

Deep Dish Pie Crust (GF or Standard)
5-10 Tomatoes, Sliced Thin
A Couple Pinches of Salt
1/2 Sweet Vidalia Onion, Sliced Thin
8 Large Basil Leaves (or Dehydrated Basil; 1 Tbl Sp)
1 C Cheddar Cheese, Shredded
1 C Mozzarella Cheese, Shredded
1/4 C Grated Parmesan Cheese
1/2 C Cottage Cheese
1/2 C Sour Cream
Greek Yogurt (as Needed)

METHOD

Step 1: Preheat oven to 375F

Step 2: Thinly slice tomatoes. Lay on baking sheet. Spread salt over top. Let sit for 10 minutes. Pat tops with paper towels once time has been met. Set aside 4-5 for topping.

Step 3: Line deep-dish pie container with room temperature crust (bake according to instructions on package).

Step 4: In a bowl, mix all cheese and cream. We will use this mixture to spread between our base layers.

Step 5: Rotate a layer of tomatoes, onions and basil. You can add additional herbs in with the rotation and season with pepper, too. Parsley gives it a nice flavor as well! Add your cheese mixture over the layered tomatoes and spread evenly. Top with remaining 4-5 tomatoes.

Step 6: Bake for 40 minutes, let cool and garnish with remaining Basil. Best served hot!

Southern Tomato Pie



METHOD

TIPS & HINTS

- No cottage cheese? Use Mayo. No sour cream, use Greek Yogurt. Just add a little more of each to account for what was missed!



Condiments and Spreads

Jalapeño Hot Sauce



Do you love it hot? We do! We also have way too many peppers. Though the pepper amount is minimal, and really up to you based on your liking of 'HOT', it still is a great use of getting rid of our peppers. Especially during fall harvest!



Prep: 5



Cook: 10



Difficulty: Easy



Cuisine: Mexican



Makes: 2.5 cups (1 - 15 oz bbq bottle)

Jalapeño Hot Sauce



INGREDIENTS

6 Jalapeño Peppers
1/2 Red Onion (Quartered)
2 Cloves Garlic (Halved/Smashed)
Pinch of Salt
Pinch of Sugar
1 C Water
1/2 Tsp Cumin
Sunflower Oil (Coating the Pan)
10-15 Cilantro Sprigs

METHOD

Step 1: Warm and coat the pan with sunflower oil

Step 2: Add your jalapeño peppers, onion and garlic. Keep your jalapeños whole. Roast for 5 minutes (until onions are brown)

Step 3: Remove the jalapeños. Slice them into rings. Add back to the pan and simmer for 5 minutes

Step 4: Season with salt, cumin and sugar. Mix well and let simmer 1 minute.

Step 5: Move mixture from the stove to cool. Once cooled, add to a bullet (or blender). Add water and cilantro.

Step 6: Blend until smooth. Continue to add seasoning as desired!

TIPS & HINTS

- Always use gloves! You never know when you may touch your eyes or get a burning sensation in your fingers

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