

## GAZPACHO - CHILLED TOMATO SOUP

Serves 8 Prep 1 hour, 15 minutes

- 1 14 oz jar any **EDEN Crushed Tomatoes**
- ¼ cup parsley, minced
- 2 cloves garlic, minced
- 3 Tbsp **EDEN Red Wine Vinegar**
- 3 Tbsp fresh lemon juice
- 3 Tbsp fresh lime juice
- ½ tsp **EDEN Sea Salt**
- 1 tsp ground cumin or ground coriander
- 1 tsp dried basil or 1 Tbsp fresh minced basil
- 1 tsp dried cilantro
- 1½ cups fresh tomatoes, diced
- 1 cup green bell pepper, diced
- ½ cup red bell pepper, diced
- 1 medium cucumber, diced



Working in batches, blend all ingredients in a blender except the fresh tomatoes, bell peppers, and cucumbers. Pour into a bowl. Add fresh tomatoes, peppers, and cucumber, mix. Chill for 1 hour before serving. Great with corn bread.

## SPANISH RICE & PINTO BEANS

Serves 8 Prep 20 minutes Cooks in 1 hour

- 2 Tbsp **EDEN Extra Virgin Olive Oil**
- 3 cloves garlic, minced
- 1 cup onion, diced
- 2 cups long grain white rice, rinsed
- 4 cups water, including shiitake soaking water
- 1 15 oz can **EDEN Pinto Beans**, drained
- ½ cup **EDEN Sliced Shiitake Mushrooms**, soaked 10 min. in 1 cup warm water, chopped
- 1½ cup fresh tomatoes, diced
- ½ cup sweet corn, fresh or frozen
- 1 cup pitted Kalamata black olives, chopped
- 1 cup **EDEN Crushed Tomatoes with Onion, Garlic & Basil** or any **EDEN Crushed Tomatoes**
- 1 pinch **EDEN Sea Salt**

Heat oil in a heavy saucepan. Sauté garlic and onion for 3 minutes. Add rice and sauté 5 minutes. Add all remaining ingredients, cover and bring to a boil. Simmer over medium-low heat for 45 to 50 minutes or until rice is tender. Remove from heat and let sit for 10 minutes, covered, before serving.



## RIGATONI PASTA WITH MUSHROOM MARINARA

Serves 6 Prep 10 minutes Cooks in 40 minutes

- 2 Tbsp **EDEN Extra Virgin Olive Oil**
- 1 cup onion, diced
- 1 cup **EDEN Maitake Mushrooms**, soaked 10 minutes in warm water to cover
- 1 cup button mushrooms, quartered, or any fresh mushrooms
- 1 jar any **EDEN Spaghetti Sauce**
- 1½ cups diced tomatoes, do not drain
- 1½ cups water
- 1 Tbsp **EDEN Shoyu Soy Sauce**, or to taste
- 1 tsp dried basil
- ¼ tsp dried oregano, optional
- 1 package **EDEN Kamut & Buckwheat Rigatoni** or any **EDEN Pasta**

Heat oil in a medium saucepan and sauté the onions for 1 to 2 minutes. Add all remaining ingredients except the pasta. Cover, reduce the heat to low and simmer for 30 minutes until the sauce is thick. When the sauce is almost done, cook pasta according to package directions. Drain the pasta. Place the pasta in serving dishes and ladle sauce over.



## GRILLING BEANS

Serves 7 Prep 5 minutes Cooks in 10 minutes

- 1 Tbsp **EDEN Extra Virgin Olive Oil**
- 1 cup onions, diced
- 1 can **EDEN Baked Beans w/ Sorghum**
- 1 can **EDEN Chili Beans**
- ¼ cup **EDEN Crushed Tomatoes**
- ½ tsp **EDEN Brown Mustard**
- ½ tsp **EDEN Apple Cider Vinegar**
- 2 tsp real maple syrup



Heat oil in a medium skillet and sauté onions for 2 to 3 minutes. Add all remaining ingredients and bring to a boil. Reduce heat to medium-low and simmer 5 to 7 minutes. Serve hot or chilled.



## BLACK BEAN CHILI SALSA

Serves 4 Prep 5 minutes

- 1 15 oz can **EDEN Black Soybeans**, drained
- ½ cup any **EDEN Crushed Tomatoes**
- 1 cup fresh tomatoes, diced
- ½ cup red onion, minced
- ½ cup yellow bell pepper, diced
- 2 Tbsp green onion, chopped
- 3 Tbsp fresh lime juice
- 2 tsp **EDEN Shoyu Soy Sauce**
- 1 tsp jalapeño, minced
- ¼ tsp dried coriander
- ¼ tsp ground cumin
- ½ cup fresh parsley, minced



Toss ingredients together in a medium mixing bowl. Taste, and add extra seasoning if desired.



## TOMATO TORTILLA SOUP

Serves 5 Prep 5 minutes Cooks in 10 minutes

- 1 28 oz can **EDEN Crushed Tomatoes**
- 1 15 oz can **EDEN Navy Beans**, do not drain
- 2 tsp jalapeño, minced
- ½ cup **Original EDENSOY** or **Unsweetened EDENSOY**
- ¾ tsp **EDEN Sea Salt**, or to taste
- ⅓ tsp black pepper, fresh ground
- 2 Tbsp fresh parsley or cilantro, minced
- 2 cups tortilla strips or mini tortilla chips
- 1 avocado, peeled, seeded, and cubed

Place tomatoes, beans, and jalapeño in blender and purée until creamy. Pour into a medium saucepan, add EDENSOY, sea salt, and pepper. Turn the heat to medium, mixing frequently and bring almost to a boil. Reduce the heat to low and simmer 5 minutes. Ladle into serving bowls. Garnish each with equal amounts of parsley or cilantro, tortilla strips, and avocado.



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# Tomatoes

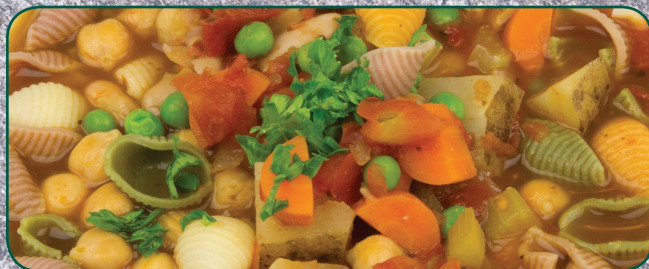
*Heirloom Italian*  
fifth generation family grown





## FRESH PACKED ORGANIC

- 1 The only tomatoes and sauces in the USA that come in amber glass
- 2 5th generation organic family, vital soil, and classic varieties
- 3 Seasoned and no salt added Roma and Napoli tomatoes and sauces
- 4 Organic herbs, spices, and extra virgin olive oil
- 5 BPA, BPS & phthalate free cans
- 6 No chemical additives or chemical processing
- 7 ⑆ pareve



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## CHEF'S CHOICE PLUM TOMATOES

EDEN Tomatoes and Sauces are exclusively fresh Roma and Napoli Italian plum tomatoes. Deep color, low acidity, sweeter, richer flavor, fewer seeds, firmer fruit, and they are the chef's choice for sauces and canning.

Hand cultivated and harvested on a fifth-generation organic farm. Experienced care and rich, vital soil produce tomatoes that are more delicious and more nutritious. Hand harvested when fully ripe, they travel just a few miles to the local cannery where they are washed, hand sorted, cooked, and packed within hours of harvest to retain the best flavor and maximum nutrients.

## PURITY • SOUGHT-AFTER VALUE

Experienced folks appreciate the flavor and purity of EDEN Tomatoes, so similar to what they had canned – ripe, the right variety, rich flavor, properly prepared, and not adulterated.

EDEN Sauces and Crushed Tomatoes with Onion, Garlic & Basil have added organic vegetables, herbs, and spices, and a pinch of EDEN Sea Salt. EDEN Crushed Tomatoes are no salt added. They are free of GMO derived citric acid, calcium chloride, and preservatives, with all ingredients dutifully declared.

EDEN brand is tastier and better; pure and unadulterated for superior pleasure and best results. For the most delicious tomatoes year-round, keep them in the pantry. They help make nourishing meals a joy.

Italian Roma and Napoli tomatoes are the No. 1 choice of professional chefs.

**Amber Glass  
PROTECTED**

# Italian Hand Harvested



## LYCOPENE ANTIOXIDANTS

EDEN Tomatoes provide lycopene, a potent antioxidant. It has greater efficacy than 600 other known plant pigment carotenoids. Cooked tomatoes, especially with a little added oil, are the best source of lycopene because cooking makes lycopene more bioavailable/absorbable. The extra virgin olive oil in EDEN tomatoes increases its absorption too, because lycopene is fat soluble.

Deep red plum and cherry tomatoes are the highest in lycopene. Lycopene is much more beneficial in its natural form, than in the form of a supplement. Nature designed lycopene to work in concert with the entire range of phytonutrients in tomatoes, not as an isolated, synthetic chemical.

## AMBER GLASS PROTECTED

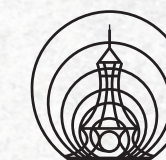
EDEN Sauces and Crushed Tomatoes are the first and only tomatoes in the USA offered in amber glass. It protects flavor and nutrients from photooxidation light damage that is systemic in food stores where fluorescent lighting reduces food quality and flavor.

## BPA, BPS AND PHTHALATE FREE

EDEN tomato cans are lined with a BPA, BPS, and phthalate free coating designed for high-acid foods. It is similar to the one used for EDEN canned beans that are low-acid, but a special version designed for foods like tomatoes.

**NON  
GMO**

**BPA  
&  
BPS  
FREE  
Lining**



## SPAGHETTI SAUCE

### Original & No Salt

Classic tomatoes with organic extra virgin olive oil and organic Italian herbs and spices.



## PIZZA PASTA SAUCE

### Organic Roma & Napoli

Italian tomatoes, organic extra virgin olive oil, and organic seasonings in a thick, rich, spreadable sauce.



## CRUSHED TOMATOES

### Onion, Garlic & Basil

Organic tomatoes, herbs, vegetables, and spices with a pinch of EDEN Sea Salt for soup, stew, sauces, pastas, and casseroles.



## CRUSHED TOMATOES

### Original

Organic plum tomatoes for soups, stews, sauces, pasta, and casseroles. No salt added.

