

KIDS CLUB

NEWSLETTER



Welcome to week 3 of our new ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This week we're focusing on canned tomatoes. Canned tomatoes are convenient because they last a long time in your pantry—and so does pasta, which is a great partner for tomatoes! There are ways to make tomato sauce that involve cooking on the stove for many hours, but we like this recipe, which is nice and fast.

You can start your sauce, and by the time you finish cooking your pasta, it will be ready!

Let's get started!



World's Fastest Tomato Sauce

Pasta is a staple in many homes, which makes homemade tomato sauce a super-useful recipe. Once you master the basic recipe, you can get creative by adding chopped vegetables, cheese, ground meat, or even anchovies. This all-purpose tomato sauce is also excellent with meatballs, as a pizza sauce, or on polenta, rice, or barley.

ADULT: YES | HANDS-ON TIME: 35 MINUTES | TOTAL TIME: 35 MINUTES | MAKES: 6-8 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Large skillet
Measuring spoons
Can opener
Measuring cups
Wooden spoon
Potato masher (if you have one)
Pot holders

INGREDIENTS

- 2 tablespoons olive or vegetable oil
- 2 garlic cloves, peeled and finely chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 (28-ounce) cans diced tomatoes, including the liquid
- 1 pound pasta, cooked (see below)
- ¼ cup chopped fresh basil leaves (if you have it)
- Grated Parmesan cheese

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Put the skillet on the stove, turn the heat to low, and add the oil. When the oil is hot, add the garlic, dried basil, and oregano and cook until the garlic is just golden, 1 to 2 minutes.
2. Add the tomatoes and their liquid, raise the heat to medium-high, and cook until the mixture just starts to boil. Turn the heat down to low and cook for 15 minutes, stirring occasionally. Taste the sauce and add a pinch of salt if you think it needs it. Leave as is or mash it a bit with the potato masher (or spoon) to make it less chunky.
3. Top the cooked pasta with the tomato sauce, fresh basil, and Parmesan cheese.



DO YOU HAVE MORE CANNED TOMATOES?

Try one of these recipes.

- **Roasted Tomato-Vegetable Soup** www.chopchopfamily.org/recipe/roasted-tomato-vegetable-soup
- **Shakshuka** www.chopchopfamily.org/recipe/shakshuka
- **Tomato Soup with Cheddar Cheese** www.chopchopfamily.org/recipe/tomato-soup-cheddar-cheese

Shakshuka ►

TOO MUCH TOMATO SAUCE?

If you have extra tomato sauce, you can freeze it in an ice cube tray for individual portions to serve later. Once the cubes are frozen, transfer them to a resealable plastic bag. Keep them frozen until you need them, then thaw in the microwave or in a small pot over low heat.

ACTIVITY: TOMATO CONNECTION

Has anyone ever said to you, "I love you from my head to-ma-toes"? Now is a great time to write a "tomatoes" note to someone you love. Not in the mood for writing? Draw them a picture that shows what you love about them! And if you don't have a stamp to mail the note, that's okay. You can text or email a photo of what you wrote or drew. It will mean just as much.



GET MOVING: (TOMA)TOE TOUCHES

You can't spell "tomatoes" without "toes"! Toe touches are a great way to stretch, especially if you've been sitting for a while. Plus, you can do toe touches anywhere: outside in the yard, in your bedroom, in the living room, or anywhere else you have a little space. Stand up straight with your legs hip-width apart. Lift your arms straight in the air. Slowly bend at the waist and reach your fingers toward your toes for 5 seconds. You can also stretch side to side: Lift your left arm up, then slowly bend at the waist to try to touch it to your right toes. Stretch for 5 seconds and then stand back up. Repeat with your right arm and left toes.

Can you touch your toes? If you practice every day, you'll get more flexible!

POTFUL OF MATH

Cooking involves a lot of math: calculating cost, measuring ingredients, changing serving sizes, and more. Here's some quick math for practice.

1. The tomato sauce recipe makes 6 servings. If you wanted to make 12 servings (so you can freeze some for later), how many garlic cloves would you need? How many teaspoons of oregano would you need? How many cups of fresh basil would you need?
2. If you had only 1 can of tomatoes in your pantry, you'd have to adjust the rest of the recipe, too. How many garlic cloves would you need? How many teaspoons of oregano would you need? How many cups of fresh basil would you need?
3. There are 3 teaspoons in 1 tablespoon. If you had only a 1-teaspoon measuring spoon in your kitchen, how many times would you have to fill it to measure the olive or vegetable oil?



Warren County Cooperative Extension Service

This newsletter is brought to you from the Kentucky Cooperative Extension Service in Warren County, the most comprehensive outreach and engagement program at the University of Kentucky. Our mission, simply stated, is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with our other land grant partner, Kentucky State University, we take the University to the people in their local communities, addressing issues of importance to all Kentuckians. The Extension Office strives to deliver information, education, solutions and grow ideas for better communities, stronger local economies, and healthier lives. The Warren County Extension Office offers programs and many resources to assist you. Please feel free to contact us at any time with questions or concerns you may have.

Our Educational Programs/Services Include:

Agriculture/Horticulture

Commodity Meetings
Pesticide Applicator Trainings
Soil Testing- Farm/Commercial/Home
Plant Diagnostics and Identification
Insect Identification
Extension Master Gardener Volunteer Program
Alternative Enterprises
Warren County Beekeepers
Marketing Workshops

Family & Consumer Sciences/SNAP

Nutrition Education/Cooking Skills
Consumer Economics
Healthy & Safe Living Programs

Youth Development

4-H Clubs/4-H Projects/4-H Activities
Life Skill Development
School Enrichment
Leadership & Volunteer Development

Please feel free to contact us. We have answers for your questions!

Agriculture & Natural Resources

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4-H Youth Development

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Family & Consumer Sciences

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Answering your questions about nutrition, finances, clothing, your household and family skills and abilities.

Horticulture

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Answering your questions about gardening, trees, landscaping, lawns and flowers.

SNAP Educator

Nan Montgomery
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Answering your nutrition education questions for limited resource audiences.



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Follow us on Instagram at: warrencoag



Check us out on **Farm & Home** on WBKO 13-1 Mondays thru Fridays between 5:15a.m. - 5:30a.m.

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