

Great Tasting
HEALTHY MEALS
Made Simple



*Italian Diced
Tomato Tortellini
recipe on page 13.*

Harvesting Nature's Goodness For 90 Years

At Furmano's,
**Great taste is a family
tradition for 90 years**

As a fourth-generation family owned company, we measure every one of our products by what we put on our own tables. For over 90 years Furmano's has been dedicated to producing wholesome, delicious food. In tune with the land and the seasons, we look to capture nature's freshest flavors and bring them into your kitchen to create healthy, great tasting meals.



2

LEARN MORE "ABOUT US" AT FURMANOS.COM

A healthy outlook on flavor

It's hard to improve on the nutritious goodness of nature. But at Furmano's we have found ways to make the most of all that nature provides. Like using sea salt to reduce the sodium of our products while keeping the same great taste. Blending the bounty of the land with 100% natural salt from the sea. What could be better? Sea salt also contains the essential minerals potassium and magnesium and is easier to metabolize. So, it's healthier for you.



GREAT TASTING TOMATOES

- **100% Natural:**
No artificial preservatives, flavors or colors
- **Made with Lower Sodium Natural Sea Salt**
- **Natural Source of Antioxidants:**
Lycopene and Beta Carotene
- **Gluten Free Food**



Tomato Flatbread & Hummus

1:10 hour
prep time

20 minutes
cook time

serves **10**

Flatbread Nutrition Facts: Serving Size (81g), Calories 140, Calories from Fat 20, Total Fat 2.5g, Cholesterol 0mg, Sodium 190mg, Total Carbohydrate 27g, Protein 4g

Hummus Nutrition Facts: Serving Size (51g), Calories 100, Calories from Fat 60, Total Fat 7g, Cholesterol 0mg, Sodium 180mg, Total Carbohydrate 7g, Protein 4g

INGREDIENTS

Flatbread

- ¼ cup Warm Water
- ½ tsp Sugar
- 2 tsp Dry Active Yeast
- 15 oz **Furmano's Pizza Sauce**
- 2 cups All Purpose Flour
- ½ cup Corn Meal
- 1 tsp Sea Salt
- 2 tbsp Chopped Fresh Rosemary

Hummus

- 2 cups **Furmano's Chick Peas**,
Drained
- ⅓ cup Tahini Butter
- ¼ cup Lemon Juice
- 2 tsp Garlic, Minced
- 1 tbsp Olive Oil
- 1 tsp Salt
- ⅛ tsp Cayenne Pepper

DIRECTIONS

Flatbread preparation

1. In a small cup mix warm water, sugar, and dry active yeast. Let rest for 10 minutes or until water doubles in size.
2. In a large bowl, combine flour, corn meal, and sea salt.
3. Make a well in the center of the flour and stir in yeast mixture and **Furmano's Pizza Sauce**. Mix until well incorporated then turn out onto a floured surface and knead for 8 minutes. Cover and let rest in a warm place for 45 minutes. Preheat oven to 500°.
4. Punch down dough, knead lightly. Then roll out to ¼" thick. Press rosemary into dough. Cut to desired shape or leave as one piece to cook.
5. Cook until bread begins to color and puff, approximately 15-20 minutes.

Hummus preparation

1. Place all ingredients into a food processor and blend until smooth.

flavortip

Flavor your hummus with roasted garlic, sundried tomatoes, or any of your favorite ingredients.

Jalapeño Lime Tomato Soup

Nutrition Facts: Serving Size (129g), Calories 70, Calories from Fat 30, Total Fat 3g, Cholesterol 0mg, Sodium 180mg, Total Carbohydrate 8g, Protein 1g

10 minutes
prep time

15 minutes
cook time

serves **10**

INGREDIENTS

- 2 tbsp Olive Oil
- 1 cup Diced Onion
- ¾ cup Sliced Jalapeños
- ½ cup Sliced Celery
- 2 tsp Minced Garlic
- 1 tsp Coriander
- 2 tsp Cumin
- 28 oz **Furmano's Tomato Sauce**
- ½ cup Chicken Broth
- 2 tbsp Lime Juice
- 2 tbsp Sliced Green Onions
- 2 tsp Chopped Cilantro

DIRECTIONS

1. In a medium pot over medium heat, add olive oil.
2. Add onion, jalapeño, and celery, sauté until vegetables are tender.
3. Add garlic, coriander, and cumin, sauté for 2 minutes.
4. Add **Furmano's Tomato Sauce**, chicken broth, and lime juice. Heat thoroughly to 165°.
5. Stir in green onions and cilantro before serving.

easytip

Use Furmano's Diced or Petite Diced Tomatoes to make a more brothy soup.



Turkey Tomato Puffs

25 minutes
prep time40 minutes
cook time

serves 24

Nutrition Facts: Serving Size (81g), Calories 220, Calories from Fat 120, Total Fat 14g, Cholesterol 10mg, Sodium 140mg, Total Carbohydrate 16g, Protein 10g

INGREDIENTS

- 2 tbsp Olive Oil
- ½ cup Diced Onion
- 1 ½ lbs Ground Turkey
- ¼ tsp Crushed Red Pepper Flakes
- 15 oz **Furmano's Pizza Sauce**
- 3 each Puff Pastry Sheets
- 4 oz Romano Cheese, Grated

recipetip

Use loose Italian sausage instead of ground turkey for a delicious alternative.

DIRECTIONS

1. In a large pot over medium high heat, add olive oil.
2. Next, add onions and sauté until translucent.
3. Add ground turkey and crushed red pepper flakes, sauté until turkey is cooked through.
4. Add **Furmano's Pizza Sauce**, heat thoroughly to 165°.
5. Remove from heat and store covered overnight to cool completely.
6. Preheat oven to 400°.
7. Lay puff pastry sheets on a flat surface. Cut in half lengthwise and roll out to ¼" thick.
8. Cut sheets into 8 strips and place 2 teaspoons of turkey filling at one end of the strip.
9. Roll strip to create a pinwheel with the filling.
10. Place pinwheels on a greased cookie sheet and bake for 30 minutes or until golden brown and puffed.
11. Top with Romano cheese.

Cilantro Lime Salsa

10 minutes
prep timeNO
cook time

serves 15

Nutrition Facts: Serving Size (66g), Calories 15, Calories from Fat 0, Total Fat 0g, Cholesterol 0mg, Sodium 45mg, Total Carbohydrate 4g, Protein 1g

INGREDIENTS

- 28 oz **Furmano's Chunky Crushed Tomatoes**
- 1 tbsp Jalapeño, Chopped
- ½ cup Onion, Chopped
- 2 tsp Garlic, Minced
- 1 tsp Cumin
- ⅓ cup Lime Juice
- ⅓ cup Cilantro, Chopped

DIRECTIONS

1. Place **Furmano's Chunky Crushed Tomatoes**, jalapeño, onion, garlic, cumin, and lime juice into a food processor and pulse until a desired consistency is achieved.
2. Stir cilantro into salsa and serve.

flavortip

Replace jalapeños with chipotles in adobo sauce to add a smoky zest to your salsa.

Roasted Mussels

Nutrition Facts: Serving Size (347g), Calories 300, Calories from Fat 150, Total Fat 16g, Cholesterol 50mg, Sodium 730mg, Total Carbohydrate 16g, Protein 22g

15 minutes
prep time

20 minutes
cook time

serves **6**

INGREDIENTS

- 2 oz Olive Oil
- 2 cups Onion, Finely Diced
- 1 cup Chorizo, Finely Diced
- 2 tbsp Garlic, Minced
- Red Pepper Flakes (*as needed*)
- 2 ½ lbs Mussels, Soaked and Scrubbed
- 1 ¾ qt **Furmano's Petite Diced Tomatoes**
- ¼ cup Basil, Chopped
- Parmesan Cheese (*as needed*)

DIRECTIONS

1. In a large sauté pan over medium heat, add olive oil.
2. Add onion and chorizo, sauté until onion softens and chorizo browns slightly.
3. Add garlic and red pepper flakes. Stir.
4. Next add mussels, stir, then add **Furmano's Petite Diced Tomatoes** and chopped basil.
5. Cover dish and place in a preheated 375° oven for 20 minutes or until all mussels open.
6. Garnish with parmesan cheese.

safety tip

Don't purchase or cook any mussels with open shells. They'll open when you cook them.

Grilled Greek Pizza

10 minutes
prep time

10 minutes
cook time

serves **12**

Nutrition Facts: Serving Size (146g), Calories 200, Calories from Fat 80, Total Fat 9g, Cholesterol 20mg, Sodium 860mg, Total Carbohydrate 22g, Protein 10g

INGREDIENTS

- 28 oz **Furmano's Italian Diced Tomatoes**, Drained
- 1 lb Diced Feta Cheese
- 1 cup Diced Onion
- 2 cup Arugula
- 1 each Fully Cooked Full Sized Pizza Dough

DIRECTIONS

1. In a large bowl, mix together **Furmano's Italian Diced Tomatoes**, feta, onions, and arugula.
2. Evenly distribute the mixture over the pizza dough.
3. Place pizza over a preheated grill, close cover, and allow the cheese to warm.

recipetip

Using raw dough and your favorite Italian meats, you can fold the toppings from this recipe up to make a delicious Stromboli. Visit our web site for the instructions.



Entrée

Tomato Bean Bok Choy

Nutrition Facts: Serving Size (123g), Calories 100, Calories from Fat 50, Total Fat 5g, Cholesterol 5mg, Sodium 380mg, Total Carbohydrate 9g, Protein 4g

10 minutes
prep time

15 minutes
cook time

serves 8

INGREDIENTS

- 2 tbsp Olive Oil
- 1 each Bacon, Thick Slice, Finely Chopped
- 2 tbsp Shallots, Minced
- 1 tbsp Garlic, Minced
- ¼ tsp Crushed Red Pepper Flakes
- 2 cups **Furmano's Butter Beans**, Drained
- 1 1/4 oz **Furmano's Diced Tomatoes**, Drained
- 3 tbsp Soy Sauce
- 1 cup Bok Choy, Chopped
- Salt (to taste)
- Black Pepper (to taste)

DIRECTIONS

1. Place a large sauté pan over medium heat. Add olive oil.
2. Add bacon, shallots, and garlic. Heat until bacon begins to crisp, but be sure not to overcook garlic.
3. Add red pepper flakes, sauté for 2 minutes.
4. Add **Furmano's Butter Beans and Diced Tomatoes**, heat thoroughly to 160°.
5. Add soy sauce and bok choy. Heat until bok choy begins to wilt.
6. Taste and add salt and pepper to desired level.

easytip

Great as a side dish or healthy entrée. For added texture and flavor, add sesame seeds.

10 VISIT FURMANOS.COM FOR MORE RECIPES

Entrée

Omega-3 Spaghetti Sauce

Nutrition Facts: Serving Size (126g), Calories 45, Calories from Fat 20, Total Fat 2g, Cholesterol 0mg, Sodium 85mg, Total Carbohydrate 6g, Protein 1g

5 minutes
prep time

10 minutes
cook time

serves 8

INGREDIENTS

- 1 tbsp Olive Oil
- 1½ cups Onion, Minced
- 1 tsp Garlic, Minced
- ¼ tsp Black Pepper
- ¼ Red Pepper Flakes (to taste)
- 28 oz **Furmano's Chunky Crushed Tomatoes with Omega-3**
- 1 tbsp Fresh Basil, Chopped

DIRECTIONS

1. In a large sauté pan over medium heat, add olive oil.
2. Add onion, sauté until translucent then add garlic, black pepper, and red pepper flakes.
3. Add bowl of **Furmano's Chunky Crushed Tomatoes with Omega-3**. Heat thoroughly to 165°.
4. Add fresh basil just before serving.



recipetip

Start recipe with some ground pork to make a delicious Bolognese sauce.

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11

Heart Healthy Turkey Chili

Nutrition Facts: Serving Size (120g), Calories 80, Calories from Fat 25, Total Fat 3g, Cholesterol 15mg, Sodium 190mg, Total Carbohydrate 7g, Protein 5g

10 minutes
prep time

20 minutes
cook time

serves **16**

INGREDIENTS

- 1 lb Ground Turkey
- 2 tbsp Olive Oil
- 2 cups Onion, Diced
- 1 cup Celery, Diced
- ¼ cup Jalapeño, Diced
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 1 tsp Oregano, Dry
- 1 tbsp Thyme, Dry
- 2 tsp Garlic, Minced
- 2 each **28oz Furmano's Diced Tomatoes**
- 2 cups **Furmano's Dark Red Kidney Beans**
- 1 tbsp Soy Sauce
- 2 tsp Worcestershire Sauce
- 2 tbsp Cilantro, Chopped

DIRECTIONS

1. In a large pot over medium high heat, add ground turkey and olive oil.
2. When turkey begins to brown, add onion, celery, and jalapeño, sauté until translucent.
3. Add chili powder, cumin, and oregano.
4. Next add thyme leaves and garlic. Stir.
5. Finally add **Furmano's Diced Tomatoes**, **Furmano's Dark Red Kidney Beans**, soy sauce, and Worcestershire sauce. Heat thoroughly to 165°.
6. Stir in cilantro just before serving.

flavortip

Try using different varieties of chilies (i.e. poblano, anaheim, serrano) at varying levels for different flavors and amounts of heat.

Italian Diced Tomato Tortellini

Nutrition Facts: Serving Size (216g), Calories 300, Calories from Fat 80, Total Fat 9g, Cholesterol 20mg, Sodium 480mg, Total Carbohydrate 44g, Protein 12g

10 minutes
prep time

10 minutes
cook time

serves **8**

INGREDIENTS

- 2 tbs Olive Oil
- 2 cloves Garlic, Minced
- 28 oz **Furmano's Italian Diced Tomatoes**
- 2 lb Low Fat Frozen Cheese Tortellini
- Salt (to taste)
- Pepper (to taste)
- Parmesan Cheese (to taste)

DIRECTIONS

1. In a medium saucepan, heat olive oil and garlic.
2. Add **Furmano's Italian Diced Tomatoes**, heat, add salt and black pepper. Simmer for 5 minutes.
3. Cook tortellini according to package directions.
4. Serve tomato mixture over tortellini.
5. Garnish with parmesan cheese.

easytip

Recipe is great with any and all shapes of pasta. Just cut the amount of dried pasta in half.



Chicken Pomodoro

Nutrition Facts: Serving Size (379g), Calories 370, Calories from Fat 50, Total Fat 6g, Cholesterol 35mg, Sodium 230mg, Total Carbohydrate 56g, Protein 23g

10 minutes
prep time

15 minutes
cook time

serves **4**

INGREDIENTS

- 1 tbsp Olive Oil
- 1½ cup Onion, Minced
- 1 tsp Garlic, Minced
- ¼ tsp Black Pepper
- ¼ Red Pepper Flakes (*to taste*)
- 28 oz **Furmano's Whole Peeled Tomatoes**
- 1 tbsp Basil, Chopped
- 1 lb Cooked Pasta
- 8 oz Boneless Chicken Breast, Sliced

DIRECTIONS

1. Place **Furmano's Whole Peeled Tomatoes** in a large bowl. With clean hands, grasp and crush tomatoes. Set aside.
2. In a large sauté pan over medium heat, add olive oil.
3. Add chicken, brown.
4. Next add onion, sauté until translucent. Then add garlic, black pepper, and red pepper flakes.
5. Add **Furmano's Whole Peeled Tomatoes** and juice. Heat thoroughly to 165°.
6. Add basil and cooked pasta just before serving, mix and serve.

recipetip

Replace chicken with ground pork or Italian sausage for a delicious (but less healthy) alternative.

Italian Meatloaf

Nutrition Facts: Serving Size (197g), Calories 420, Calories from Fat 260, Total Fat 29g, Cholesterol 160mg, Sodium 280mg, Total Carbohydrate 4g, Protein 34g

10 minutes
prep time

1:30 hour
cook time

serves **8**

INGREDIENTS

- 1 lb Ground Beef, 90% Lean
- 1 lb Ground Pork, Lean
- 1 cup Onion, Diced
- 1 tbsp Garlic, Minced
- $\frac{3}{4}$ cup **Furmano's Tomato Puree**
- $\frac{1}{2}$ tsp Black Pepper
- 1 tsp Oregano, Dry
- 1 tsp Basil, Dry
- $\frac{1}{2}$ tsp Celery, Ground
- 2 tsp Soy Sauce
- 1 each Egg
- 1 tsp Hot Pepper Sauce
- $\frac{1}{2}$ cup **Furmano's Tomato Puree**

DIRECTIONS

1. In a large mixing bowl, place all ingredients except for the final measure of **Furmano's Tomato Puree**. Mix well, taking care that all ingredients are incorporated into one another.
2. Preheat oven to 400°
3. Place mixture into a medium sized meatloaf pan. Using your hand and a small bowl of water, smooth out the top of your meatloaf by dipping your hand in water and rubbing it across the top of the meatloaf.
4. Bake for 1 hour then top with final measure of puree.
5. Bake an additional 15-30 minutes until an internal temperature of 165° is reached.

recipetip

Make a day ahead of time and heat up slices in gravy or microwave. The flavors marry together superbly after a night in the refrigerator. It's also perfect for a lunch sandwich later that week.

Chicken Mole

with Arroz Amarillo

Nutrition Facts: Serving Size (244g), Calories 220, Calories from Fat 70, Total Fat 7g, Cholesterol 40mg, Sodium 370mg, Total Carbohydrate 29g, Protein 10g

10 minutes
prep time

30 minutes
cook time

serves **8**

INGREDIENTS

Chicken Mole

- 1 oz Olive Oil
- ¾ cup Onion Finely Chopped
- ½ cup Green Chili Peppers (Poblano) Finely Diced
- 1 tbsp Garlic, Minced
- 2 tbsp Unsweetened Cocoa Powder
- 1 tsp Cumin
- 1½ tsp Sazon
- 28 oz **Furmano's Petite Diced Tomatoes**, Undrained
- 5 each Boneless Chicken Thighs, Julienned
- 1 tbsp Cilantro, Chopped
- Salt To taste

Yellow Rice

- 1¼ cups White Rice, Dry
- 2½ cups Chicken Broth
- 2 tsp Sazon

DIRECTIONS

Mole preparation

1. Place sauté pan on burner, turn heat on medium. When pan is hot add olive oil.
2. Then add the onions and green chili (poblano) peppers and sauté on medium for 5 minutes, add garlic and sauté an additional 5 minutes.
3. Add cocoa, cumin, and sazon.
4. Add **Furmano's Petite Diced Tomatoes** (undrained) and chicken. Mix well and hold on medium low heat for 15 minutes.
5. Add cilantro, stir.
6. Taste and salt if necessary.

Serve over Rice

Yellow Rice Preparation

1. Mix yellow rice ingredients in medium sized sauce pot.
2. Over medium heat, bring to a boil and simmer for 5 minutes.
3. Remove from heat, cover and let stand for 20 minutes.



recipetip

Mix together with the rice and wrap into a heated tortilla for a delicious wrap.

Sweet & Sour Beef Brisket

20 minutes
prep time

4 hours
cook time

serves **10**

Nutrition Facts: Serving Size (231g), Calories 410, Calories from Fat 270, Total Fat 30g, Cholesterol 65mg, Sodium 820mg, Total Carbohydrate 18g, Protein 17g

INGREDIENTS

- 1 tbsp Paprika
- 1 tbsp Salt
- ½ tsp Chili Powder
- ½ tsp Black Pepper
- ½ tsp Onion Powder
- ½ tsp Garlic Powder
- ½ tsp Ground Celery
- 2 lb Beef Brisket
- ¼ cup Olive Oil
- 1 ½ cups Onion, Large Diced
- ½ cup Carrot, Large Sliced
- ½ cup Celery, Large Sliced
- 1 tbsp Garlic, Minced
- 28 oz **Furmano's Diced Tomatoes**
- 1 tbsp Liquid Smoke
- ⅓ cup Water
- 3 tbsp Flour
- 2 tbsp Apple Cider Vinegar
- ½ cup Brown Sugar

DIRECTIONS

1. Preheat oven to 250°.
2. In a small container mix paprika, salt, chili powder, black pepper, onion powder, garlic powder, and ground celery.
3. Rub brisket with the spice mix. Make sure to cover entire surface area. Refrigerate overnight.
4. In large ovenable pot heat olive oil. When oil is hot add brisket and sear all sides, remove from pot.
5. Add onion, carrot, celery, and garlic, sauté until vegetables become tender.
6. Add **Furmano's Diced Tomatoes** to deglaze the pot.
7. Return brisket to pot. Pour liquid smoke over meat, cover and place in oven for 4 hours.
8. When done remove brisket, mix together flour, water, brown sugar, and cider vinegar. Add to juice from brisket. Heat to thicken. Serve over brisket.

cooktip

Put in the oven or crock pot in the morning and have a delicious meal ready for dinner just by adding an extra 2 cups of water. The extra cooking time will make the brisket more tender.

Roasted Pork Loin

with Tomato Glace

Nutrition Facts: Serving Size (303g), Calories 240, Calories from Fat 60, Total Fat 6g, Cholesterol 100mg, Sodium 370mg, Total Carbohydrate 13g, Protein 34g

30 minutes
prep time

2 hours
cook time

serves **8**

INGREDIENTS

- 2 lbs Pork Loin, Boneless
- 2 tbsp Paprika
- 1 tbsp Chili Powder
- 2 tsp Cocoa Powder
- ¼ cup Olive Oil, As Needed
- 2 tbsp Garlic, Minced
- 28 oz **Furmano's Crushed Tomatoes**
- ¼ cup Onion, Finely Diced
- 2 tbsp Green Pepper, Finely Diced

DIRECTIONS

1. Preheat oven to 350°.
2. In a small container, mix together paprika, chili powder and cocoa powder for spice rub.
3. Take spice rub and apply generously to the pork loin. Make sure to cover entire surface area. Allow pork to rest for 30 minutes.
4. Place roaster pan on stove top burner over medium high heat. Add olive oil then sear all sides of the pork loin.
5. Then add onion and green pepper to pan, sauté lightly, then add **Furmano's Crushed Tomatoes**.
6. Place pan in oven and roast for 2 hours or desired doneness.
7. When done allow to rest and serve with pan sauce.

flavortip

Mix fresh herbs (like thyme, rosemary, and/or cilantro) into the dry rub to give your roast even more personality.

Easy Dinner Bruschette

5 minutes
prep time

20 minutes
cook time

serves 6

Nutrition Facts: Serving Size (193g), Calories 120, Calories from Fat 60, Total Fat 7g, Cholesterol 15mg, Sodium 260mg, Total Carbohydrate 9g, Protein 3g

INGREDIENTS

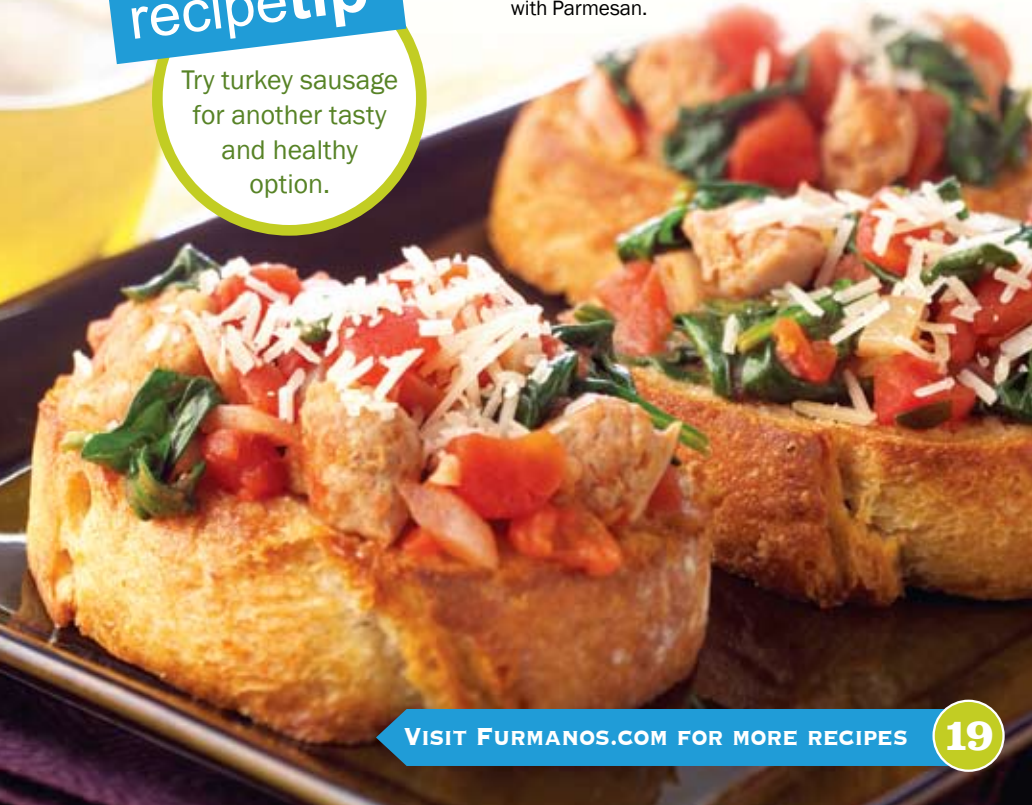
- Your Favorite Hearty Fresh Bread
- 2 tbsp Extra Virgin Olive Oil,
Plus Extra for Bread
- 5 links Chicken Sausage, Diced
- 1 med Sweet Onion, Diced
- 3 cloves Garlic, Minced
- ¼ cup Dry White Wine
- 1-2 tbsp Fresh Basil, Diced
- 4 cups Fresh Baby Spinach
- 28 oz **Furmano's Petite Diced Tomatoes**
- ¼ tsp Red Pepper Flakes (*optional*)
- Salt and Pepper (*to taste*)
- Garnish with Parmesan

DIRECTIONS

1. Slice bread in $\frac{3}{4}$ - 1" slices. Drizzle slices with olive oil and grill on grill pan. Once grilled, transfer to oven at 250-300°.
2. Coat large sauté pan with 1 tablespoon olive oil and sauté diced chicken sausage until cooked through. Remove (leaving behind brown bits and remaining olive oil) and set aside.
3. Add remaining olive oil, onions and garlic to pan, sauté until cooked through.
4. Add chicken sausage back in and put in all remaining ingredients (white wine, **Furmano's Petite Diced Tomatoes**, basil, spinach, and red pepper flakes). Cook until spinach cooks down. Taste and add salt & pepper.
5. Remove bread from oven. Scoop tomato, sausage and spinach mixture on top of bread slices, sprinkle with Parmesan.

recipetip

Try turkey sausage for another tasty and healthy option.



Spicy Turkey Orchiette

5 minutes
prep time

20 minutes
cook time

serves 6

Nutrition Facts: Serving Size (229g), Calories 210, Calories from Fat 10, Total Fat 1.5g, Cholesterol 30mg, Sodium 130mg, Total Carbohydrate 22g, Protein 21g

INGREDIENTS

- 1 ½ lbs Ground Turkey
- ¼ tsp Red Pepper Flakes
- 2 cups Dry White Wine
- 3 cloves Garlic, Minced
- 28 oz **Furmano's Petite Diced Tomatoes**
- 1 bag Fresh Spinach
- 1 lb Orchiette Pasta (or shells), Cooked Al Denté
- 1 ½ cups Parmesan Cheese, Shredded

DIRECTIONS

1. Brown ground turkey.
2. Add red pepper flakes.
3. Add white wine and scrape up bits.
4. Add garlic, simmer for 4 minutes.
5. Add entire can of **Furmano's Petite Diced Tomatoes** with juice.
6. Add spinach and let wilt.
7. Toss with cooked pasta and divide up in large pasta bowls or plates. Sprinkle parmesan generously over each serving.



recipetip

For a tastier option, try sweet Italian sausage instead of turkey or try different pasta shapes to change it up a bit.

Steak Pizzaiola

Nutrition Facts: Serving Size (264g), Calories 290, Calories from Fat 140, Total Fat 15g, Cholesterol 65mg, Sodium 310mg, Total Carbohydrate 9g, Protein 24g

10 minutes
prep time

15 minutes
cook time

serves **4**

INGREDIENTS

- 2 tbsp Olive Oil
- ½ cup Onion, Finely Diced
- ½ cup Pepperoni Slices, Julienne
- ½ cup Mushrooms, Sliced
- ½ Red Pepper Flakes (*to taste*)
- ¼ cup Kalamata Olives, Pitted and Chopped
- 28 oz **Furmano's Chunky Crushed Tomatoes with Basil, Garlic & Oregano**
- 4 each New York Strip Steak or Other Variety
- Parsley, Chopped (*as needed*)

DIRECTIONS

1. In a medium sauté pan over medium heat, add olive oil.
2. Add onion, pepperoni, and mushrooms, sauté until pepperoni begins to crisp.
3. Next add red pepper flakes and kalamata olives. Stir, then add **Furmano's Chunky Crushed Tomatoes with Basil, Garlic & Oregano**. Heat thoroughly to 165° and hold.
4. Grill steaks to desired doneness, top with pizzaiola and parsley.

recipetip

Don't feel like steak tonight? Make pizzaiola sauce recipe and serve with pasta, chicken, or fish.

Italian Sausage Baked Rigatoni

Nutrition Facts: Serving Size (240g), Calories 310, Calories from Fat 100, Total Fat 11g, Cholesterol 40mg, Sodium 610mg, Total Carbohydrate 37g, Protein 16g

15 minutes
prep time

45 minutes
cook time

serves **12**

INGREDIENTS

- 2 **28oz Furmano's Crushed Tomatoes**
- ½ cup Onion, Diced
- 1 tbsp Garlic, Minced
- 1 ½ tsp Basil, Dry
- 1 ½ tsp Oregano, Dry
- 2 tsp Salt
- ½ tsp Black Pepper
- 1 ½ cup Whole Milk Ricotta Cheese
- 1 each Large Egg
- 2 each Sweet Italian Sausage, Cooked & Sliced
- 1 lb Rigatoni
- 4 oz Shredded Mozzarella

DIRECTIONS

1. Cook rigatoni until al denté or use package directions.
2. Open **Furmano's Crushed Tomatoes** and reserve 1 cup.
3. In a large mixing bowl, mix remaining **Furmano's Crushed Tomatoes**, onion, garlic, basil, oregano, salt, and black pepper.
4. Then add ricotta cheese, egg, and Italian sausage. Mix well.
5. Add prepared rigatoni and toss to coat.
6. Spray a 9" x 11" baking pan with cooking spray and preheat oven to 350°.
7. Place rigatoni mixture in baking pan and top with reserved crushed tomatoes and shredded mozzarella cheese. Cover and bake for 30 minutes, then remove cover and bake an additional 15 minutes or until an internal temperature of 165° is reached.



recipetip

Use hot sausages instead of sweet for a spicy kick and cut back the fat by using a fat free ricotta cheese.

Vegetarian Ratatouille

Nutrition Facts: Serving Size (160g), Calories 110, Calories from Fat 50, Total Fat 5g, Cholesterol 0mg, Sodium 260mg, Total Carbohydrate 12g, Protein 2g

15 minutes
prep time

10 minutes
cook time

serves **10**

INGREDIENTS

- 2 tbsp Olive Oil
- ½ cup Diced Onion
- ¼ cup ¼" Diced Green Pepper
- ¼ cup ¼" Diced Red Pepper
- ¼ cup Sliced Yellow Squash
- ¼ cup Sliced Green Zucchini
- ½ cup ½" Diced Eggplant
- 1 cup Sliced Mushrooms
- ½ cup Sliced Celery
- 2 tsp Minced Garlic
- ½ tsp Fresh Thyme, Chopped
- ½ tsp Fresh Rosemary, Chopped
- 30 oz **Furmano's Pizza Sauce**
- ¾ cup Vegetable Broth
- ½ cup Julienne Carrots
- ½ cup Asparagus Spears

DIRECTIONS

1. Blanch the carrots and asparagus for 2 minutes.
2. In a medium pot over medium heat, add olive oil.
3. Add onion, green pepper, red pepper, yellow squash, zucchini, egg plant, mushrooms, and celery.
4. Next add garlic, thyme, and rosemary, sauté for 2 minutes.
5. Add **Furmano's Pizza Sauce** and vegetable broth. Heat thoroughly to 165°.
6. When serving, top each bowl with a mixture of the asparagus and julienne carrots.

flavortip

Replace the green bell pepper with your favorite chili for a spicy twist.



Shrimp Romesco

Nutrition Facts: Serving Size (274g), Calories 230, Calories from Fat 45, Total Fat 5g, Cholesterol 90mg, Sodium 330mg, Total Carbohydrate 30g, Protein 14g

25 minutes
prep time

10 minutes
cook time

serves **6**

INGREDIENTS

- 1 tbsp Olive Oil
- 2 lbs Shrimp (16-20), Peeled & Deveined
- 1 cup Bread, Diced
- 1 cup Onion, Diced
- ½ cup Almonds, Sliced
- ⅓ tsp Red Pepper Flakes
- 1¾ pint **Furmano's Crushed Tomatoes with Roasted Garlic & Olive Oil**
- 1 cup Roasted Red Peppers, Drained
- 7½ oz Chicken Broth
- 2 tbsp Cilantro, Chopped
- 4 cups White Rice, Prepared

DIRECTIONS

1. In a large sauté pan over medium high heat, add olive oil.
2. Next add shrimp, sauté until shrimp are done, remove.
3. Add onion and bread, sauté until onions are tender.
4. Add almonds and red pepper flakes, sauté until almonds toast slightly.
5. Add **Furmano's Crushed Tomatoes with Roasted Garlic & Olive Oil**, and roasted red peppers. Heat thoroughly to 165°.
6. Puree tomato mixture in a food processor then return to pan.
7. Add chicken broth and cilantro. Heat to 165°.
8. Serve shrimp over white rice and top with romesco sauce.

recipetip

Replace shrimp with chicken breasts to reduce costs, but still WOW your friends and family with interesting flavors.

Spicy Tomato Pear Sauce over Ice Cream

15 minutes
prep time

2 hours
cook time

serves **6**

Sauce Nutrition Facts: Serving Size (161g), Calories 260, Calories from Fat 120, Total Fat 13g, Cholesterol 80mg, Sodium 140mg, Total Carbohydrate 31g, Protein 4g

INGREDIENTS

- 14½ oz **Furmano's Petite Diced Tomatoes**
- 2 each Pears, Cored, Peeled & Cubed
- ½ cup Sugar
- 2 tsp Cornstarch
- ½ tsp Cinnamon
- ½ tsp Cardamom
- ½ tsp Ginger
- ⅛ tsp Crushed Red Pepper Flakes
- ½ gallon Vanilla Ice Cream

DIRECTIONS

1. Place **Furmano's Petite Diced Tomatoes** in a small crock pot & set on high.
 2. In small bowl, combine sugar, cornstarch, cinnamon, cardamom, ginger, and red pepper flakes. Combine with the tomatoes.
 3. Add pears to the tomato mixture.
 4. Cook covered on high for 1½ to 2 hours.
 5. Keep warm until ready to serve.
- Serve over *vanilla ice cream*.

entree tip

Sauce is also delicious served over savory items like chicken or fish.



Tilapia

with Spicy Tomato
Pear Sauce

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25

Balsamic Strawberry & Tomato Coulis over Keylime Cheesecake

5 minutes
prep time

20 minutes
cook time

serves 15

Sauce Nutrition Facts: Serving Size (86g), Calories 60, Calories from Fat 0, Total Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrate 15g, Protein 1g

INGREDIENTS

- 2 lb Strawberries, Trimmed and Sliced
- 1 cup Sugar
- 1 tbsp Balsamic Vinegar
- 8 oz **Furmano's Chunky Crushed Tomatoes**

recipetip

Use over dessert items, like ice cream and chocolate cake, to WOW your friends.

DIRECTIONS

1. In a small sauce pan, place trimmed strawberries.
2. Place pan over medium low heat, cover, and let sit for 10 minutes. Stir.
3. If strawberries blend together, remove from heat. If not, continue cooking strawberries until they blend together completely and lose their identity.
4. Next, stir in sugar and cook for an additional 3 minutes.
5. In a fine mesh strainer, strain strawberry mixture using a rubber spatula to move product through strainer. When there is a thick paste left in the strainer, stop and discard paste.
6. To strained strawberries, add balsamic vinegar and **Furmano's Chunky Crushed Tomatoes**. Chill overnight. Serve with your favorite cheesecake.



Meals for generations to come

At Furmano's, we believe that creating wholesome food begins by caring for the land on which it was raised, as well as the people who harvest it. Since 1921 we have maintained an unwavering commitment to the preservation of precious farmland. It is our calling to harvest nature's abundance in a way that sustains us all. And we intend to work every day to ensure that the next generation enjoys clean air and a healthy planet.

Harvesting nature's goodness for over 90 years.



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27



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**Let's make some
unforgettable
healthy meals
together.**

From our family table to yours,

David A. Gause

3rd Generation Family
President and CEO

