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Freezing diced tomatoes for chili

Many years ago, until the end of the growing season, I had a lot of tomatoes, onions and green peppers. Many ideas and cooking recipes came to mind, and I created frozen tomatoes, onions and green peppers = homemade ToG. I use these three ingredients together in several recipes, so think, why not make all the preparations in harvest time and freeze them together! It is created (short for tomatoes, onions and green peppers)! You can add as many of these ingredients as you want, depending on your preferences when you use it in recipes. I wash edible tomatoes briefly in hot water to remove the skin, just as I do for making tomato ice cubes, then I put the diced tomatoes at the bottom of my container and add the diced green peppers. Then add the onions and you have tog label your container date and place it in the freezer. For my website, I use a glass bottle, so you can easily see how I prepare this ingredient. But I also use a plastic container, since you can pull the plastic container from the freezer and the ingredients suddenly emerge so you can add it frozen to your cooking. If you use a glass container, you will need to melt some TOG, so it will be easily removed from the container. I save it over plastic food containers of different sizes for this purpose, since different recipes require more or less these ingredients. Used for TOG (tomatoes, onions and green peppers): TOG Works well for any chili or tomato dish, you are making onions and green peppers can be used as an ingredient. You can add it, freeze or melt before adding it to your recipe. Use tog the next time you make a meatloaf, homemade pizza, soup or stew, or if you grow up with braised tomatoes as a side dish like I do – just simmer the TOG in the pan while you're cooking your food. Enjoy the fresh taste of these 3 ingredients as a sauce rather than meat, potato or side dish. Don't you like to go home from work and have a nice grilled dinner ready? Place the sliced potatoes in half at the bottom of your slow cooker, add grilled carrots or other fresh vegetables and tog on top. Follow the cooking instructions for your slow cooker and enjoy!! Comment, are you swamped with tomatoes now as we are? Did you know that there are healthy alternatives to their ped esteem? Freezing production is not a viable remedy, back in grandmother's day. Granny kram instead – a hot hour of work, although freezing isn't perfect, but it's as close to eating as raw as you can get and it's easy. The biggest problem for the pan is the loss of nutrients that come with the p rattles. Whenever your food is exposed to heat, it loses some or more nutrient content. The open stove must require a high boiling temperature and therefore your production will suffer with it. Cooking saves nutrients and I provide science for here (for those of us who seek a productive heir because of the higher nutrient content, it is a shame it can be produced when we can use a gentler technique). Consider the loss of vitamin B-6, a nutrient that fights depression in vegetables, and freezes. Loss of vitamin B-6 Nearly twice as much as freezing. If you've ever pmped and boiled to keep the bottle sealed, you have some ideas about what I'm talking about. Last year I froze all the tomatoes and they froze well. I'm in a hurry because there are so many. I'm lazy and don't blanch the skins out. I just threw 10-12 perfect Romas into each freezer bag and into the freezer. Then I had to fish them out and burn myself in the process, but at least I didn't lose those tomatoes, I think! An easy way to freeze tomatoes, what you'll need: food processors, compost bins, your favorite sharp knives, 1/2 cup measuring cup and ziploc freezer bags, identifying them as BPA free. 2.) Grind in a food processor (I use this one) by beating 'open' and 'closed' (for diced tomatoes) to the desired size and texture 3.) Place the recipe- convenient amount of tomatoes with juice into your quart bag using 1/2 cup measuring cup as your lap of 4.) place your bag to make them more easily flattened and melted faster, And you'll do that to enjoy adding your winter soup or making tomato soup with homemade croutons and top with Parmesan cheese for a pleasant warm meal. The storage uses them well before the next harvest (in 6-9 months) to rotate your stock, and so they don't taste like freezers. Keep your freezer at zero temperature (0°) or lower to maintain the quality of frozen food (source). Most foods maintain good quality for longer, if the freezer temperature is -10 to -20°F at a temperature between 0 and 32 ° C, the food drops rapidly. The health benefits of tomatoes, when tomatoes are grown organically in the soil, are rich in the following nutrients used: they are an excellent source of antioxidants, fiber, food, minerals and vitamins. Antioxidants contained in tomatoes were found to prevent cancer, including colon, prostate, breast, endometrial, oral, lung and pancreatic tumors. Red varieties are specially concentrated in combination with carotenoids, it can protect cells. Harmful oxygen free radicals Studies have shown that lycopene prevents skin damage from ultraviolet rays. Zeaxanthin is another flavonoid compound that is abundant. Protects the eyes from age-related eye diseases (ARMD) by filtering harmful ultraviolet rays. Vegetables contain very good levels of vitamin A and antioxidants, flavonoids, for example? and β-carotenes, xanthins and lutein. They are also a good source of antioxidant vitamin C and are rich in potassium. Potassium is an important component of cells and body fluids that regulate heart rate and blood pressure caused by sodium. They contain moderate levels of major B-complex vitamins such as folate, thiamin, vitamin d., vitamins Niacin, riboflavin, as well as some essential minerals such as iron, calcium and manganese (dear readers, if there is any possible way for you to use my affiliate link, it will be a help to cover the time spent writing this free resource. All links on this site are perfect for products that I love and useful. I will share these links for the purpose of encouraging families, even if they are not partners. I sincerely appreciate it!) Are there good tips you can share? Have fun freezing the prize money! In case you don't know the #10 restaurant and hotel or large family, it holds more than 100 ounces or 6-7 pounds, but most are big crosses, assuming it's too much for a small family. However, using different sets of ideas and your freezer as a resource#10 can work for a small family as well. For example, a \$10 diced tomato is priced at \$3.28 in NC at wholesale Sams, this is equivalent to six normal sizes of brands, generally it can cost .99, six can be at .99 is \$5.94. Vegetables or nuts that are eaten regularly can increase your savings. Washing vegetables and nuts reduces sodium by 40% (todaydietician.com), stores deliver a wide range of #10 stock and discount stores such as Go Grocery, Big Lots, Dickies and Amazing Savings in our area. Look for the next falling price in these chains. How do you use #10? Opened with a standard can be measured out two cups with some liquids (which roughly one standard 14 ounces can be), using two cups in your favorite recipe, demanding that one standard can freeze the rest in a quart size bag into 2 cups (standard size) for future recipes. 5.Gently squeeze the air out and freeze flat of 6. Add this item to the freezer inventory 8. Or cut the top, zip it out and cut it straight down the middle and place it into a stew soup or crock pot recipe. To place a frozen bag of black beans, corn, diced tomatoes and seasoned taco meat cooked to make southwest peppers as simple on a cold day as today. Do you save money on bulk purchases? Many

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