

# Tomatoes are a natural with pasta

After years of debate, it's now believed that pasta is from Italy, but the tomato found its way to Italy via Mexico. "It's hard to believe that pasta and tomatoes weren't originally served together," admits Alice Harding, consulting home economist to Del Monte Foods. "After all, tomatoes are a natural with pasta."

Here and in Italy, tomatoes star in our favorite pasta sauces, like tomatoes with basil and garlic or tomato meat sauce. "Tomatoes make a versatile base as a pasta sauce, so we've created DEL MONTE FreshCut Diced Tomatoes that are seasoned with garlic, onions, herbs, and/or green peppers to give consumers a jump start on dinner," explains Harding. Too, tomatoes are tasty with almost any meat or vegetable - so recipe possibilities are endless.

For a fast, robust sauce, sausage is a great addition to tomatoes. Sausage cooks quickly, especially when crumbled, and it adds lots of flavor without the need for many ingredients. For example, "Zesty Pasta Romano" calls for Italian sausage, seasoned diced tomatoes, green onions, pasta, and a sprinkling of Parmesan cheese - nothing more.

The recipe for "Chunky Tomato Pasta Bake" is equally simple and delicious, with ground beef, tomatoes, mushroom soup, and mozzarella cheese.

Diced seasoned tomatoes are a natural for pasta - and for quick cooking.

## CHUNKY TOMATO PASTA BAKE

- 6 ounces uncooked penne or other tube pasta
- 1 lb. lean ground beef
- 1 can (14-1/2 ounces) DEL MONTE FreshCut Diced Tomatoes with Green Pepper and Onion
- 1 can (10-3/4 fl ounce) condensed cream of mushroom soup
- 1-1/2 cups mozzarella cheese, shredded

Cook pasta according to package directions; drain. Brown meat in skillet; drain. Combine meat with pasta, tomatoes and mushroom soup; place in 11x7-inch baking dish. Cover and bake at 350°

F, 25 minutes. Uncover; top with cheese. Bake 3 minutes longer or until cheese is melted. 4 servings. Prep time: 10 minutes; Cook time: 28 minutes.

## ZESTY PASTA ROMANO

- 8 ounce corkscrew or penne pasta
- 1 lb. Italian sausage, crumbled, or 1 lb. ground beef
- 2 cans (14-1/2 ounces each) DEL MONTE FreshCut Diced Tomatoes with Green Pepper and Onion
- Sliced green onions or fresh basil
- Parmesan Cheese

Cook pasta according to package directions; drain. Brown meat; drain fat. Add tomatoes and cook 5 minutes over medium-high heat, stirring occasionally. Add green onions. Serve over pasta with Parmesan cheese.

4 servings. Prep and cook time: 10 minutes.


## Cooking with tomatoes...



Tomatoes... a natural with pasta



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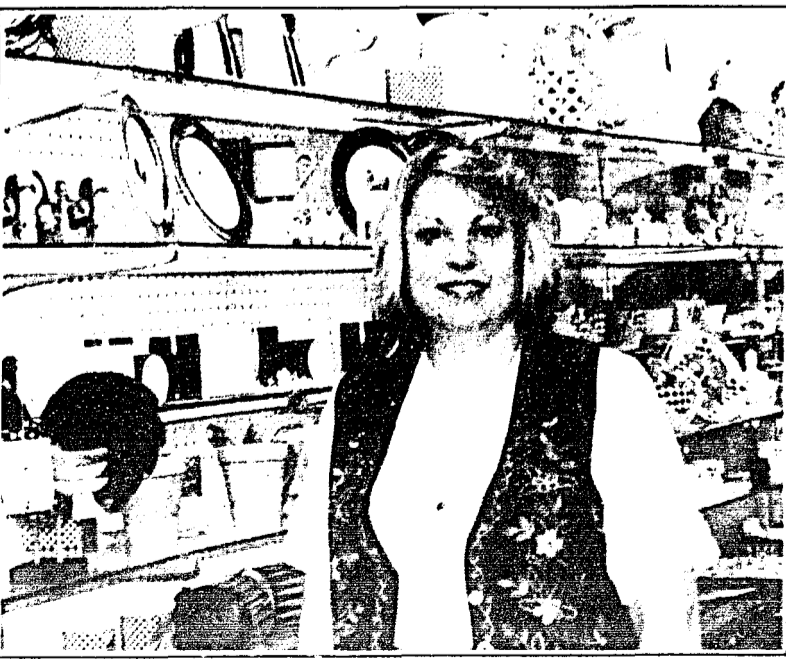
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