



Nutritious, Delicious, Wisconsin!

TOMATO TXIV LWS SUAV



Beefsteak Tomato



Roma
Tomato



Cherry
Tomatoes



Golden Boy



HMooB Varieties

- Early
- Main Crop
- Cherry
- Heirloom
- Grape
- Beef Steak

Terminology

Txiv Lws is used for both tomatoes and eggplants. To tell them apart, tomatoes are often referred to as "*Txiv Lws Suav*."

TASTE & TRADITION



Tomatoes are known for their juicy, sweet, and slightly tangy flavor. In HMooB cooking, tomatoes are eaten raw in papaya salad or cooked into stir-fries, curries, or soups like *khaub poob* (pronounced *ka pong*), a red curry vermicelli noodle soup.

RECIPE

Tomato & Chicken Stir Fry (*Txiv Lws Suav Kib Nrog Nqaij Qaib*)

Ingredients

- 4 tomatoes (adjust based on size or variety)
- 2 lbs chicken breast or thigh
- 2 tablespoons oil (e.g. coconut, vegetable, canola, etc.)
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon chicken bouillon
- 2 tablespoons oyster sauce
- Optional: garlic, bell peppers, onion, cilantro, mushrooms



Directions

1. Heat oil in a large skillet or pan.
2. Add sliced chicken and cook for 3-5 minutes, stirring occasionally.
3. Add chopped tomatoes and stir.
4. Season with salt, black pepper, oyster sauce, and chicken bouillon.
5. Stir well to coat evenly.
6. Cook for another 5-6 minutes, until tomatoes break down and the sauce thickens.
7. Serve over steamed rice and enjoy this rich, savory dish!



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