



CREAMY OTAMOT POLENTA | SERVES 4-6

INGREDIENTS

4 bags frozen organic corn kernels, thawed*
1 cup polenta
¼ cup extra virgin olive oil
1 jar Otamot Carrot Bolognese
Kosher salt

PREPARATION

1. Utilizing a juicer, juice the 4 bags of thawed organic corn kernels. This should yield roughly 5-6 cups of corn juice. If you don't have a juicer, blend the corn kernels in a blender on high until completely smooth and strain through a fine mesh strainer.
2. Heat 5 cups of corn juice in a large pot on medium high heat. Reserve any additional corn juice to add at the end if the polenta becomes too thick.
3. When the juice is at a simmer, slowly add in the polenta a little at a time, whisking constantly to prevent any clumps from forming. Continue to whisk until the polenta comes to a boil.

*SPECIAL EQUIPMENT

This recipe utilizes corn juice to prepare the polenta. We like to use fresh corn juice because it gives the polenta an incredible sweetness and keeps the dish dairy-free. If you don't have a juicer for the corn kernels, feel free to substitute water, vegetable stock or milk for the corn juice in the recipe.

4. Once at a boil, reduce the heat to low and continue to stir with a wooden spoon. Cook on low, stirring frequently for 40-50 minutes. The polenta should not have any gritty texture remaining. If it becomes too thick, whisk in some of the reserved corn juice until smooth and continue to cook until you achieve the desired consistency.
5. Stir in the extra virgin olive oil and season generously with kosher salt.
6. Warm the jar of Otamot Carrot Bolognese in a small sauce pot.
7. Divide the polenta into serving dishes and spoon over the warm Carrot Bolognese.



CHICAGO-STYLE DEEP DISH PIZZA | SERVES 4

INGREDIENTS

1 store bought pizza dough, or your favorite dough recipe
1 lb mozzarella cheese, grated
1 tbsp olive oil, plus more for brushing
1 medium shallot, minced
3 cloves garlic, minced
1 jar Otamot Essential Sauce
1 tbsp fresh basil, finely chopped
Kosher salt
Parmigiano Reggiano cheese

PREPARATION

1. Preheat the oven to 425 degrees Fahrenheit.
2. For the sauce: Heat a saucepot over medium heat. Add the olive oil and heat for 30 seconds. Add the minced shallot and garlic and sweat until fragrant, about 1 minute. Add the jar of Otamot Essential Sauce, chopped basil and kosher salt to taste. Simmer for 5 minutes for the flavors to combine.
3. Lightly flour a clean and dry work surface. Using a rolling pin, roll the pizza dough to a ¼ inch thickness and roughly 14 inches across.
4. Brush a light coating of olive oil all over the inside of a 9 inch by 2 inch tall round cake pan.
5. Gently slide the rolled out pizza dough over the prepared cake pan. Press the dough down into the edges of the pan and ensure there is no air between the dough and the pan. Trim away any

OPTIONAL TOPPINGS

Pepperoni
Italian sausage
Sweet onion
Button mushrooms
Black olives
Roasted garlic
Bacon
Artichokes

excess dough that overhangs the top of the pan but leave enough so it's wrapping just around the rim at the top. The dough will shrink during baking. Brush the top edges of the dough with olive oil.

6. Add all the shredded mozzarella cheese inside the dough. It should be a thick layer. If you are going to add any additional toppings, put on top of the cheese layer.

7. Spoon the sauce over the top of the cheese/toppings. Finely grate some Parmigiano Reggiano cheese over the sauce.

8. Place in the oven and bake for 25 minutes. The crust should look golden brown all around the top and sides.

9. Remove from the oven and grate additional Parmigiano Reggiano cheese all over the top. cool for 10 minutes outside of the oven before enjoying.



TURKEY AND WHITE BEAN CHILI | SERVES 6

INGREDIENTS

- 4 tbsp vegetable oil, divided
- 1 lb ground turkey
- 1 large sweet onion, diced, reserve ¼ cup for garnish
- 6 cloves garlic, minced
- 1 tbsp chili powder
- 2 tsp cumin
- 2 tsp paprika, preferably smoked
- 1 can chipotle chiles in adobo sauce
- 2 jars Otamot Essential Sauce
- 4 cups vegetable or chicken stock
- 2 15-ounce cans white beans, drained and rinsed
- Kosher salt
- Black pepper
- 1 avocado
- ½ cup sour cream
- 1 cup of your favorite tortilla or corn chips, crushed
- 2 tbsp chopped cilantro, optional

PREPARATION

1. Heat 2 tbsp of the vegetable oil in a large pot on medium high heat. Add the ground turkey and cook until evenly browned, about 5-7 minutes. Spoon the cooked meat onto a plate lined with paper towel to drain and discard the remaining liquid and fat in the pot. Return pot to the heat.
2. Add the other 2 tbsp of vegetable oil and heat for one minute. Add the onion, garlic, chili powder, cumin and paprika and sauté until the onions begin to caramelize, about 6-8 minutes.
3. Finely chop one chipotle chile and combine in a bowl with 2 tsp of the adobo sauce from the can and the 2 jars of Otamot Essential Sauce. Add to the sautéed onion mixture and continue to cook down for 3-5 minutes.
4. Add the vegetable stock and the white beans to the pot, and season with kosher salt and black pepper to taste. Bring the chili up to a boil and reduce heat to low. Simmer for 30-45 minutes to allow all the flavors to blend together.
5. Serve the chili in bowls and garnish with diced onion, crushed chips, sour cream, diced avocado, chopped cilantro (if using) and freshly cracked black pepper.



OTAMOT RATATOUILLE | SERVES 8

INGREDIENTS

2 yellow squash *see note
2 small eggplant
8 plum tomatoes
2 zucchinis
¼ cup olive oil
2 teaspoons fresh thyme,
chopped

2 tablespoons fresh basil,
chopped
1 tablespoon fresh parsley,
chopped
1 teaspoon garlic, minced
Salt and pepper

SAUCE

2 tablespoons olive oil
1 teaspoon garlic, minced
1 red bell pepper, diced
1 jar Otamot

PREPARATION

Preheat the oven to 375 degrees. Thinly slice the squash, eggplant, tomatoes and zucchini and toss with olive oil, herbs and garlic. Season with salt and pepper to taste. Set aside while you prepare the sauce.

Heat the olive oil in cast iron skillet over medium heat. Sauté bell pepper until soft, add garlic and sauté for an additional 30 seconds. Add jar of Otamot and mix well. Turn off the heat and top with remaining ingredients.

Take a slice of each vegetable, alternating

between varieties and place in circles on top of the warm sauce, working your way in to the center of the pan.

Cover with foil and bake for 35-40 minutes. Uncover, then bake for another 20 minutes until the vegetables are softened.

*Look for squash, eggplant and tomatoes that all have roughly the same diameter so when you've sliced the rounds, they are relatively the same size.



HERBED TOMATO BREAD | SERVES 12

INGREDIENTS

1 tbsp plus 2 tsp active dry yeast
1 tbsp honey
1/3 cup warm water
2 tbsp milk
2 tbsp olive oil

1 large egg
1½ cups Otamot Essential Sauce
4½ cups all-purpose flour
1 tbsp salt
2 tsp dried Italian herb mix

PREPARATION

1. Combine yeast, honey, and 1/3 cup of warm water in the bottom of a stand mixer bowl. Allow the mixture to sit for five minutes until it becomes bubbly and the yeast is active.

2. Add in the milk, olive oil, egg and Otamot Essential Sauce. Mix with paddle attachment until combined and let sit for 10 minutes.

3. Combine the flour, salt and Italian herbs and add to the tomato mixture. Using the dough hook, mix on medium speed until the dough comes together and cleans the sides of the bowl. You may need to scrape the bowl once or twice. Add in extra flour or water, as necessary, but note the dough will be a bit sticky. This may take 5 - 10 minutes.

4. Grease a large bowl with olive oil or cooking spray and transfer the dough. Turn the dough to coat and cover with plastic wrap. Let rise in warm place until doubled in size, about 1 hour.

5. Working on a lightly floured surface, deflate dough and shape into a loaf. Place dough in 9-inch loaf pan and cover with greased plastic wrap. Let rise for an additional 30 minutes in a warm area.

6. Preheat the oven to 375 degrees Fahrenheit. Bake bread until golden brown on top, about 45-60 minutes. Remove from the loaf pan and let cool completely on wire rack before enjoying.



WARM ASPARAGUS AND BURRATA CHEESE SALAD | SERVES 4

INGREDIENTS

½ cup Otamot Essential Sauce
2 tbsp red wine vinegar
2 tbsp shallot, minced
1 tsp thyme leaves

½ cup extra virgin olive oil
8 oz burrata cheese
25-30 fresh asparagus spears
Kosher salt

PREPARATION

1. Whisk Otamot Essential Sauce, vinegar and shallot in a small pot until combined.
2. While whisking, slowly stream in olive oil until completely emulsified. Season with kosher salt to taste.
3. Gently warm vinaigrette on the stove top over low heat.
4. Add thyme leaves and whisk to incorporate. Keep warm.
5. Meanwhile, gently steam the asparagus spears and heat the burrata cheese until slightly melted.
6. Place the asparagus spears and burrata cheese on a platter and serve with the warm vinaigrette.



VEGETABLE NOODLE PASTA | SERVES 4

INGREDIENTS

- 1 large zucchini
- 1 parsnip, peeled
- 1 sweet potato, peeled
- 1 large turnip, peeled
- 1 large carrot, peeled
- 3 tablespoons olive oil
- 1 teaspoon garlic, minced
- 2 tablespoons fresh basil, chopped
- 1 teaspoon fresh thyme, chopped
- Salt and pepper
- 1 jar Otamot

PREPARATION

Preheat the oven to 375 degrees Fahrenheit. Coat a baking sheet with olive oil and set aside.

In a small bowl, mix the olive oil, garlic, basil and thyme.

Spiralize all your vegetables. Drizzle with the olive oil mixture and toss until completely coated. Season with salt and pepper to taste. Spread on prepared baking sheet.

Bake for 10 minutes. Toss the vegetables and bake for an additional 10 minutes.

Warm the jar of Otamot in a large saucepan.

Remove the vegetables from the oven. Place in the saucepan and toss with the Otamot.



DELIGHTFUL CARROT CAKE CUPCAKES | MAKES 24 CUPCAKES OR TWO 9-INCH ROUND CAKES

INGREDIENTS

2 cups all-purpose flour	4 large eggs, room temperature
2 tsp baking powder	1 ½ cups light brown sugar
1 tsp baking soda	½ cup granulated sugar
2 tsp ground cinnamon	1 cup Otamot Carrot Bolognese Sauce
½ tsp ground ginger	2 tsp pure vanilla extract
¼ tsp ground nutmeg	3 cups grated carrot, lightly packed
½ tsp salt	
¼ cup vegetable oil	

PREPARATION

1. Preheat oven to 350°F. Spray 24 cupcake or muffin tins with non-stick cooking spray or spray and line two 9-inch round cake pans and set aside.
2. In a large mixing bowl, whisk together the dry ingredients (flour, baking powder, baking soda, spices, and salt) until well combined. Set aside.
3. In another large mixing bowl, whisk together the oil, eggs, brown sugar, granulated sugar, Otamot Carrot Bolognese, and vanilla extract until fully combined. Add the grated carrots into the wet ingredients and mix until well combined.
4. Pour the wet ingredients into the dry ingredients and mix until just combined. Make sure not to overmix the batter.
5. Pour the cake batter evenly between the muffin tins or both prepared cake pans. Bake at 350°F for 30-35 minutes for the 9-inch cake pans and 20-25 minutes for the cupcake tins, or until the tops of the cakes are set and a toothpick inserted into the center of each one comes out clean.
6. Remove from the oven, transfer to a wire rack, and allow to cool in the pans for about 20-25 minutes. Once the cupcakes have cooled, remove from the pans and return to the wire rack to finish cooling. Frost or glaze as desired.

*OPTIONAL CREAM CHEESE FROSTING INGREDIENTS

1 stick unsalted butter, room temperature
1 8-ounce package cream cheese, room temperature
1 tsp pure vanilla extract
3 ½ - 4 cups powdered sugar
Pinch of salt

*OPTIONAL CREAM CHEESE FROSTING PREPARATION

1. Beat together butter, cream cheese, salt and vanilla until well combined. Add in the powdered sugar slowly until fully incorporated. For a less sweet icing use 3.5 cups of sugar. Frost cooled cupcakes as desired.

*We think our cake is great without any frosting for dessert or snack. You can also create a dairy free glaze if you just want a little extra something special for the cake. Simply combine 1 ½ cups of powdered sugar, 2-3 tablespoons of your choice of dairy free milk, and 1 teaspoon of pure vanilla extract. Whisk until smooth and glaze as desired.



SLOPPY JOES | SERVES 4

INGREDIENTS

1 lb lean ground beef or turkey
2 tbsp vegetable oil
1 medium onion, finely diced
3 cloves garlic, minced
1 cup Otamot Carrot Bolognese
1 cup water

2 tbsp brown sugar
1 tbsp Worcestershire sauce
1 tbsp chili powder
1 tsp dry mustard powder
Salt and pepper

PREPARATION

1. Heat a large skillet over medium-high heat. Brown the meat, breaking it up with a wooden spoon as it cooks, about 5-7 minutes. Drain the meat in a colander and reserve.

2. Return the skillet to the burner and add the vegetable oil. Heat for 1 minute. Add the diced onion and cook until soft and just beginning to caramelize, 4-6 minutes. Add the garlic and cook until fragrant, 1-2 minutes.

3. Add the Otamot Carrot Bolognese, water and cooked meat to the skillet. Stir to combine. The mixture should

be very wet at this point. Reduce the heat to low and add the brown sugar, Worcestershire sauce, chili powder and mustard powder. Season with salt and pepper to taste.

4. Cover and simmer the mixture for 15-20 minutes to combine all the flavors. If the mixture becomes too thick, add a little more water to loosen. Check seasoning and adjust as necessary.

5. Serve on toasted hamburger buns or on top of rice pilaf or buttered egg noodles.



CHICKEN PAPRIKASH | SERVES 6

INGREDIENTS

- 1 tbsp vegetable oil
- 3 tbsp butter
- 2 lbs chicken (thighs, legs, breasts, whichever you prefer)
- 1 large sweet onion, diced small
- 4 cloves garlic, minced
- 2 tbsp paprika, sweet or smoked
- 1 cup Otamot Essential Sauce
- 1 cup chicken stock
- ½ cup sour cream
- Salt and pepper

PREPARATION

1. Preheat the oven to 375 degrees Fahrenheit.
2. Heat the canola oil in a large skillet on medium high heat. Add the butter and heat until foamy. Season the chicken with salt and black pepper. Sear the chicken until evenly browned on all sides, about 5-7 minutes. Remove the chicken to rest.
3. Add diced onion and continue to cook until onions begin to caramelize, about 4-5 minutes. Add the garlic and cook until fragrant, about 2-3 minutes.
4. Reduce the heat to medium and add the paprika. Cook until fragrant, about 2 minutes.
5. Add Otamot and chicken stock and stir to combine. Add the chicken back to the pan and bring up to a simmer. Put the skillet into the oven until the chicken is cooked through and the sauce thickens, about 25-30 minutes.
6. After removing from the oven, add the sour cream and season with salt and pepper to taste.
7. Serve the chicken with buttered egg noodles, rice pilaf or crusty bread.



10 VEGGIE HUMMUS | SERVES 6

INGREDIENTS

1/2 jar Otamot Essential Sauce
1 can white beans, drained and rinsed
1 clove garlic, sliced
1 tbsp parsley, chopped
1/4 cup extra virgin olive oil
Lemon juice
Salt

PREPARATION

Combine Otamot, white beans, garlic and parsley in a food processor and pulse 5 seconds at a time. Scrap down the sides of the food processor with a rubber spatula after each few pulses.

When combined, turn food processor on and stream in olive oil slowly and blend until completely smooth.

Season with lemon juice and salt to taste.

Spoon into serving dish and garnish with a drizzle of extra virgin olive oil. Serve with crackers, pita chips or a veggie crudite platter.



TOMATO SOUP ANY WHICH WAY

Since Otamot Essential Tomato Sauce is so easy to use in millions of ways, we'd like to share our (mostly) no-recipe recipes without ingredient lists, or many detailed steps, so you can improvise and find the perfect taste for every palate.

The wonderful thing about Otamot Essential Sauce is that it's naturally rich and thick, so you can make a host of quick, tasty soups filled with vegetables, vitamins, minerals and antioxidants by adjusting the dilution, ingredients and toppings.

- For the most basic tomato soup, simply pour Otamot sauce into a saucepan and gently heat!
- To make a thinner soup, mix the sauce with salted water or stock at $\frac{3}{4}$ cups of liquid to 1 cup of sauce.
- To cook a more brothy (and budget conscious!) soup, double up and mix 1 $\frac{1}{2}$ cups of liquid to 1 cup of sauce.

Some days you just crave a smooth, creamy soup. To make an extra-rich cream of tomato soup, mix 1 cup of milk or cream to 1 cup of sauce, then blend with a hand blender until smooth. You can add croutons for a touch of crunch, a spoonful of pesto for an earthy note or some shaved Parmigiano Reggiano cheese.

For a seasonal minestrone, dice your favorite vegetables and cook in water or stock. When they're tender add 1 cup of sauce for every 1 $\frac{1}{2}$ cups of liquid in the pot. Season to taste and you're done. Garnish the top with grated Parmigiano Reggiano cheese and a drizzle of extra virgin olive oil and serve with your favorite crusty bread.



VITAMIN-FILLED PASTA WITH OTAMOT TOMATO SAUCE

There's no faster, easier way to make a nutritious pasta dish – and, as an extra benefit, the B vitamins in Otamot Tomato Sauce help your body break down the starches and sugars in pasta!

Our delicious basic pasta is a breeze: start cooking your favorite pasta in salted water. While that's going, cook three sliced cloves of garlic in butter in a saucepan until tender (but don't brown). Add Otamot Essential Sauce – 1 jar serves four – and a half cup of the pasta water. Season to taste with a little salt and half a cup of grated Parmigiano Reggiano cheese.

Bring the sauce to a brief simmer, then add the cooked pasta to the saucepan and cook briefly to meld the flavors. For a creamier sauce, try adding two tablespoons of whole butter and stir to combine.

Serve with a generous amount of shaved Parmigiano Reggiano cheese, a touch of cracked black pepper and fresh basil.



OTAMOT ENGLISH MUFFIN PIZZAS | SERVES 4-6

INGREDIENTS

- 8 English muffins, split in half
- 3 tbsp extra virgin olive oil
- 1 jar Otamot Essential Sauce
- 1 lb fresh mozzarella cheese, thinly sliced

PREPARATION

1. Preheat the oven to 425 degrees Fahrenheit.
2. Lay the English muffin halves out on a sheet pan lined with parchment paper. Lightly brush each half with olive oil.
3. Spoon 1½ tbsp of Otamot Essential Sauce on each half and spread out to the edges.
4. Put one slice of fresh mozzarella cheese on each of the muffins. Season each lightly with a small pinch of kosher salt.

OPTIONAL TOPPINGS

- Pepperoni
- Italian sausage
- Sweet onion
- Button mushrooms
- Black olives
- Roasted garlic
- Bacon
- Artichokes

5. Add any additional toppings over the mozzarella. Have fun and get creative with whatever you like on your pizza!
6. Bake in the oven for 6-9 minutes, until the cheese is bubbly and browned around the edges.
7. Remove from the oven and garnish with sliced basil.
8. Allow to cool for 3-5 minutes and enjoy.



OTAMOT BLOODY MARY MIX | ABOUT 4 CUPS

INGREDIENTS

1 jar Otamot Essential Sauce
6 tbsp prepared horseradish
2 tbsp Worcestershire sauce
6 dashes Tabasco
2 tbsp fresh lemon juice

2 tbsp green olive brine
1 tsp kosher salt
1 tsp celery salt
1 tsp fresh ground black pepper

PREPARATION

1. Recipe should be made the day ahead and stored in the refrigerator overnight to allow all the flavors to blend thoroughly.
2. Empty the jar of Otamot into blender. Fill emptied jar with water and add to blender as well.
3. Add remaining ingredients and blend on high speed until smooth, 15-20 seconds.
4. Store in an airtight container. Mix will keep in the refrigerator for up to 2 weeks and in the freezer for up to 6 months.

FOR SERVING

1. Classic Bloody Mary – Mix together 4 ounces of mix and 1.5 ounces of vodka and stir to combine. Pour over ice and garnish with a celery stalk, lemon wedge and olives.
2. Bourbon Bloody Mary – Mix together 4 ounces of mix and 1.5 ounces of bourbon and stir to combine. Rim the glass edge in chili salt (2 tsp kosher salt and ½ tsp chili powder). Pour over ice and garnish with pickle spear and bacon bits.
3. Bloody Maria – Mix together 4 ounces of mix and 1.5 ounces of tequila or mezcal and stir to combine. Rim the glass edge in lime salt (2 tsp kosher salt and ½ tsp lime zest). Pour over ice and garnish with lime salt, celery stalk, lime wedge and a pickled jalapeño.