

CREAM TOMATO SOUP





INGREDIENTS

- 2 tablespoons of olive oil
- 1 chopped onion
- 2 minced garlic cloves
- 2 peeled and chopped carrots
- 1 chopped red bell pepper
- 4 large tomatoes, peeled and chopped
- 2 cups of vegetable broth
- Salt and pepper to taste
- 1/2 teaspoon of sugar (optional, to balance the acidity of the tomatoes)
- 1/2 cup of heavy cream (optional)
- Chopped fresh parsley for garnish

- 1. Sauté onion, garlic, carrots, and bell pepper in olive oil.
- 2. Add chopped tomatoes and cook until they soften.
- 3. Pour vegetable broth and simmer over low heat.
- 4. Use a hand blender to process the vegetables until smooth.
- 5. Optional: Add heavy cream to thicken.
- 6. Heat the soup and season with salt, pepper, and sugar (optional).
- 7. Serve hot and garnish with chopped parsley

HOMEMADE TOMATO SAUCE FOR PASTA





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INGREDIENTS

- 2 tablespoons of olive oil
- 1 chopped onion
- 2 minced garlic cloves
- 1 can (400 g) of peeled tomatoes
- 2 tablespoons of tomato paste
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 1/2 teaspoon of dried oregano
- 1/2 teaspoon of dried basil
- 1/4 teaspoon of ground black pepper
- Optional: 1/4 teaspoon of red pepper flakes (if you like it spicy)
- Grated Parmesan cheese and fresh basil leaves for garnish

- 1. Sauté onion and garlic in olive oil.
- 2. Add peeled tomatoes, tomato paste, sugar, salt, oregano, basil, pepper, and red pepper flakes (optional).
- 3. Cook over medium-low heat for 20-30 minutes.
- 4. Use a hand blender to process the sauce until smooth.
- 5. Reheat before serving.
- 6. Serve over pasta and garnish with grated Parmesan cheese and basil leaves.

REFRESHING FRUIT SMOOTHIE





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INGREDIENTS

- 1 ripe banana
- 1 cup of fresh strawberries
- 1 cup of chopped pineapple
- 1 cup of plain yogurt
- 1/2 cup of milk (you can use cow's milk, almond milk, or another plant-based milk)
- 1 tablespoon of honey or sugar (optional, according to your preference)
- Ice cubes (optional, if you want a colder and thicker texture)

- 1. Slice the banana and halve the strawberries. If the pineapple isn't already in pieces, cut it into small chunks as well.
- 2. In the blending jar of an immersion blender, place the sliced fruits, yogurt, and milk.
- 3. If you want to sweeten the smoothie, add honey or sugar according to your preference.
- 4. Optional: If you desire a colder and thicker texture, add some ice cubes to the blending jar.
- 5. Submerge the hand blender into the jar and turn it on. Process the ingredients until you achieve a smooth and homogeneous mixture.
- 6.Once all the ingredients are well blended and you reach the desired consistency, stop the blender.
- 7. Pour the fruit smoothie into glasses and enjoy it immediately.

CREAMY HOMEMADE HUMMUS





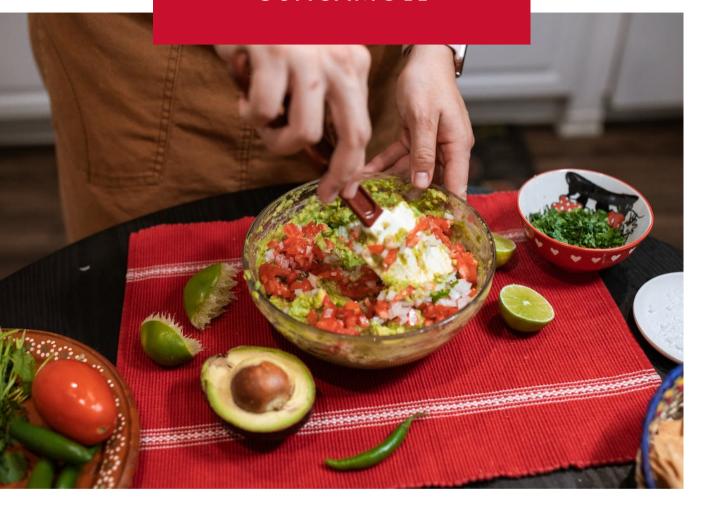
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INGREDIENTS

- 1 can (400 grams) of cooked chickpeas
- 2 tablespoons of tahini (sesame paste)
- 2 tablespoons of fresh lemon juice
- 2 garlic cloves
- 2 tablespoons of olive oil
- 1/2 teaspoon of ground cumin
- Salt to taste
- Water (optional, to adjust consistency)
- For garnish: olive oil, paprika, and parsley leaves

- 1. Rinse and drain the canned chickpeas.
- 2. In the blending jar of an immersion blender, place the chickpeas, tahini, lemon juice, garlic, olive oil, cumin, and salt.
- 3. Turn on the hand blender and process the ingredients until you achieve a smooth and creamy mixture. If the consistency is too thick, you can add a little water (1-2 tablespoons) to adjust it to your liking.
- 4. Taste the hummus and adjust the seasonings as necessary, adding more lemon juice, salt, or cumin according to your preference.
- 5. Transfer the hummus to a serving bowl.
- 6. Garnish the hummus with a drizzle of olive oil, sprinkle with a little paprika, and decorate with fresh parsley leaves.
- 7. Serve the hummus with pita bread, crackers, or fresh vegetables.

HOMEMADE GUACAMOLE





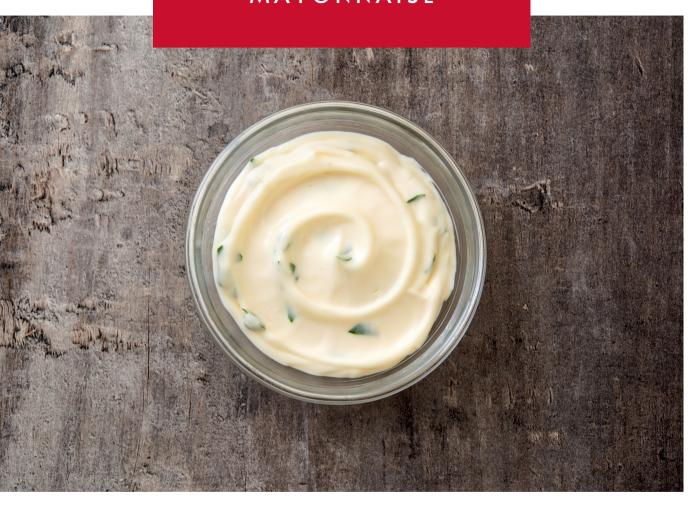
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INGREDIENTS

- 2 ripe avocados
- 1 medium tomato
- 1/4 red onion
- 1 clove of garlic
- 1 lime (juice)
- 1/4 cup of fresh cilantro
- Salt to taste
- Optional: jalapeño or serrano pepper (if you like it spicy)

- 1. In the blending jar of an immersion blender, place the peeled and pitted avocados, tomato, onion, garlic, cilantro, and optional chili pepper.
- 2. Squeeze the lime juice over the ingredients in the jar.
- 3. Add salt to taste.
- 4. Process the ingredients until you achieve a smooth and well-combined mixture.
- 5. Taste the guacamole and adjust the salt or lime juice according to your preference.
- 6. Transfer the guacamole to a serving bowl.
- 7. Garnish with additional fresh cilantro leaves.
- 8. Serve the guacamole with tortilla chips, sliced vegetables, or as a topping for tacos and burritos.

HOMEMADE MAYONNAISE





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INGREDIENTS

- 1 egg
- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1 cup vegetable oil (such as sunflower or canola oil)
- Salt to taste
- Optional: a handful of spinach, cilantro leaves, or basil leaves.

- 1. In the blending jar of the immersion blender, place the egg, Dijon mustard, lemon juice, and optional green vegetables.
- 2. Turn on the hand blender and blend until you obtain a smooth and well-combined mixture.
- 3. While the blender is still running, slowly pour the vegetable oil in a steady stream until the mixture thickens and reaches the consistency of mayonnaise.
- 4. Taste the mayonnaise and add salt to taste. Blend again to incorporate the salt.
- 5. Transfer the mayonnaise to a jar or airtight container and store it in the refrigerator.





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INGREDIENTS

- 1 shot of espresso
- 1 cup milk
- Cocoa powder or cinnamon for sprinkling (optional)

- 1. Prepare a cup of fresh coffee according to your preference.
- 2. In a microwave-safe container, heat the milk for approximately 30-45 seconds until it is hot but not boiling.
- 3. Place the milk frother of the hand blender into the hot milk.
- 4. Turn on the frother and submerge it in the milk. Keep it in motion, moving it up and down and from side to side, to create foam.
- 5. Continue frothing the milk until it reaches the desired consistency.
- 6. Pour the coffee into a cup and then generously add the milk foam on top.
- 7. Optionally, add sugar or sweetener to taste and gently stir.





The best **MEMORIES** start in the **KITCHEN!**