



# FUSION

THE ULTIMATE CHOPPING & BLENDING SOLUTION

## RECIPES



## FOOD/SALSA



### Garden Fresh Salsa

*Makes 2 cups*

- ½ small onion, cut into 4 pieces
- ¼ green pepper, cut into 4 pieces
- ½ cucumber, cut into quarters
- 1 large garlic clove
- 12 oz. (4-5) plum tomatoes, cut each into 8ths/
- 3 Tbsp. red wine vinegar
- 1 tsp. Worcestershire
- ⅛ tsp. hot pepper sauce
- Salt & Pepper to taste
- Tortilla chips for serving

1. In jar, place ingredients, except tortilla chips, in order given above.
2. Cover jar with lid. Press "On/Off" button, then press "Food Chop" button.
3. Pour into bowl; serve with tortilla chips.

### Fiery Red Salsa

*Makes 3 cups*

- 2 large garlic cloves
- 1 can (15 oz.) whole tomatoes, drained
- 1 medium onion, cut into ¼ (4 pieces)
- ½ cup cilantro leaves
- 1-4 jalapeno peppers, quartered
- ½ - 1 tsp. sugar
- Salt to taste
- 1 Tbsp. lime juice
- 1 can (15 oz. each) whole tomatoes, drained
- Tortilla chips for serving

1. In jar, place ingredients, except tortilla chips, in order given above. (Note: Place one can of tomatoes in after garlic cloves and second can after rest of ingredients are added. Also, place onion in middle of jar to avoid blockage.)
2. Cover jar with lid. Press "On/Off" button, then press "Food Chop" button.
3. Pour into bowl; serve with tortilla chips.

*Creative Cook's Note: When handling hot peppers such as jalapenos, use rubber gloves, and keep hands away from your eyes.*



## Salsa Verde

*Makes 1 ½ cups*

½ small onion, cut into 4 pieces  
½ small green pepper, cut into 4 pieces  
2 garlic cloves  
¼ cup cilantro leaves  
½ tsp. ground cumin  
¼ tsp. green hot pepper sauce  
⅛ tsp. salt  
12 oz. (8-9) tomatillos, roasted, husks removed  
Tortilla chips for serving

1. In jar, place ingredients, except tortilla chips, in order given above.
2. Cover jar with lid. Press “On/Off” button, then press “Food Chop” button.
3. Pour into bowl; serve with tortilla chips.

Notes: Worked fine on chop cycle. 12 oz. of tomatillo is about 8 or 9.

### How to Roast Tomatillos

Remove the husk and rinse to wash away the stickiness that coats the skin. Place them on a baking sheet with a rim and roast them under a hot boiler about 4 inches for the heat source. Roast the tomatillos for 3 to 4 minutes, or until they are blistered and brown. Turn them and roast in the same manner on the other side. The rimmed baking sheet will contain the juices that should be added into the recipe.

 FOOD/SOUPS

## Cream of Tomato Soup

*Makes 4 servings*

- 4-5 medium ripe tomatoes
- 1 small onion cut in quarters
- 3-4 fresh basil leaves
- 2 Tbsp. Butter
- ½ tsp. salt
- 1 cup half-and-half or milk

1. Place tomatoes, onion and basil in the jar
2. Cover jar with lid. Press “On/Off” button, then press “Food Chop” button.
3. Pour processed mixture in 3 qt. sauce pan. Add butter, salt and half-and-half.
4. Stir while gently heating to 145°F; do not let soup boil.

## Cuban Black Bean Soup

*Makes 4 servings*

- 2 cans (15-19 oz. each) black beans
- ½ small red onion halved
- 4 or 5 sprigs cilantro stems discarded
- 1 small onion halved
- 2 garlic cloves
- 2 Tbsp. Olive Oil
- 1 cup water
- ½ cup sofrito\*
- 1 Tbsp. Cilantro leaves
- 1 cup sour cream

1. Rinse and drain beans; set aside
2. Place red onion and cilantro leaves in jar. Cover jar and press “On/Off” button and then press “Food Chop” button.
3. Remove mixture from jar and set aside (no need to rinse jar for the next step).
4. Place onion and garlic in jar. Cover jar and press “On/Off” button and then press “Food Chop” button.
5. In a quart sauce pan cook onion and garlic in olive oil until tender.
6. In jar, place 3 cups of beans with liquid and cilantro leaves. Cover jar with lid and press “On/Off” button and then press “Medium/Blend” button and press “Stop” button when desired consistency is reached. (Change to whatever the sequence will be on the final product).
7. Stir bean mixture into soup remaining in saucepan; reheat as desired.
8. Serve, if desired, with sour cream and onion chive mixture.

\*Sofrito is a popular condiment in Latin American cooking. It can be found in the Latin American or International foods section of most supermarkets.

*Creative Cook’s Note: If a totally blended soup is preferred, repeat step #3 with remaining beans and liquid.*

 **FOOD/OTHER**

## Peachy Applesauce

*Make 1 ¼ cups*

1 large apple, pared, cored and quartered  
1 large peach, pitted, peeled and quartered (If out of season, use 2 canned peach halves.)  
2 Tbsp. water

1. In small saucepan, cook fruits in water 5-8 minutes or until very tender.
2. In jar, place fruits and liquid.
3. Cover jar with lid. Press “On/Off” button, then press “Low Pulse” button 3 or 4 times, then “Max Pulse” button until smooth.
4. Chill or freeze at once.

## Green Peas

*Makes 1 ½ cups*

1 pkg. (10 oz.) frozen baby green peas  
¾ cup water

1. In small saucepan, cook peas in water 10-15 minutes or until very tender.
2. In jar, place peas and liquid.
3. Cover jar with lid. Press “On/Off” button, then press “Frozen Drinks & Shakes” button.
4. Remove from jar. Place in covered containers.
5. Chill or freeze at once.

## Chocolate Cream Pie

*Makes 8 servings*

1/3 cup slivered almonds  
20 chocolate wafer cookies  
¼ cup melted butter  
2 pkg. (3.4 oz. each) chocolate pudding and pie filling  
3 ½ cups milk  
½ tsp. almond extract  
1 ½ cups heavy cream  
⅓ cup chocolate syrup  
Garnish: White chocolate curls

1. In jar, place almonds. Then break cookies into jar.
2. Cover jar with lid. Press “On/Off” button, then press “Food Chop” button.  
(Note: Press “Stop” button if it is done to your liking before cycle ends.)
3. Spray a 9” pie plate with nonstick cooking spray; add crumbs and butter; mix well then press into bottom and up side; chill.
4. Prepare pie filling with milk as package directs; stir in extract; chill
5. In medium bowl, place cream and chocolate syrup; whip until soft peaks form.
6. Pour chilled pie filling into crust; spread chocolate whipped cream over filling.
7. Garnish with chocolate curls.
8. Chill several hours.

## Honey- Wheat Pancakes

*Makes 12 pancakes*

1 1/3 cups low fat buttermilk  
2 eggs  
2 Tbsp. honey  
1 1/2 cups reduced-fat buttermilk baking mix  
1/2 cup whole-wheat flour  
1/4 cup honey-crunch wheat germ  
1 tsp. baking powder  
Butter and syrup for serving

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press "On/Off" button, then press "Max Pulse" button 8-10 times.  
When done, scrape jar and stir in the batter lightly.
3. For each pancake, pour about 1/4 cup batter onto preheated griddle; cook until tops begin to bubble; turn over and continue to cook until golden.
4. Serve hot with butter and syrup.