

# Everything You Need To Know About Homemade Paste With Recipes

Paste is a thick, spreadable food made from cooked vegetables or fruits. It can be used as a condiment, a spread, or a dip. Paste is a great way to add flavor and nutrients to your meals.

Making paste is easy. Simply cook your vegetables or fruits until they are soft, then puree them in a blender or food processor. You can add water or broth to thin out the paste, or you can leave it thick.

You can use any type of vegetable or fruit to make paste. Some popular choices include:



## HOMEMADE PASTA COOKBOOK: Everything You Need To Know About Homemade Paste With Recipes

by Allie Allen

★★★★☆ 4.3 out of 5

Language : English

File size : 505 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 11 pages

Lending : Enabled

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- Tomatoes

- Carrots
- Celery
- Onions
- Peppers
- Garlic
- Apples
- Bananas
- Berries

Paste can be used in a variety of dishes. Here are a few ideas:

- As a condiment on sandwiches, burgers, or tacos
- As a spread on crackers or toast
- As a dip for vegetables or fruit
- As a sauce for pasta or rice
- As a filling for pies or tarts

Paste can be stored in the refrigerator for up to 5 days. You can also freeze paste for up to 3 months.

Here are a few recipes for homemade paste:

## **Tomato paste**

Ingredients:

- 1 pound tomatoes, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste

#### Instructions:

1. Heat the olive oil in a large saucepan over medium heat.
2. Add the onion and garlic and cook until softened.
3. Add the tomatoes and cook until they are soft and juicy.
4. Puree the mixture in a blender or food processor until smooth.
5. Season with salt and pepper to taste.

### **Carrot paste**

#### Ingredients:

- 1 pound carrots, peeled and chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste

## Instructions:

1. Heat the olive oil in a large saucepan over medium heat.
2. Add the onion and garlic and cook until softened.
3. Add the carrots and cook until they are soft and tender.
4. Puree the mixture in a blender or food processor until smooth.
5. Season with salt and pepper to taste.

## **Apple paste**

### Ingredients:

- 1 pound apples, peeled and cored
- 1 tablespoon lemon juice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

### Instructions:

1. Combine the apples, lemon juice, cinnamon, and nutmeg in a saucepan.
2. Bring the mixture to a boil, then reduce heat and simmer for 10 minutes, or until the apples are soft.
3. Puree the mixture in a blender or food processor until smooth.

Homemade pasta is a delicious and versatile food that can be used in a variety of dishes. It's also a great way to use up leftover vegetables and fruits. With so many different ways to make and use pasta, you're sure to find a way to enjoy it.

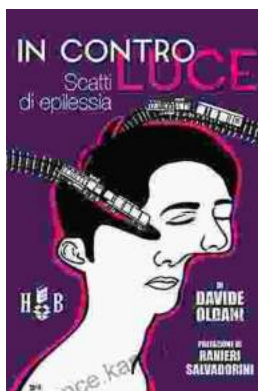


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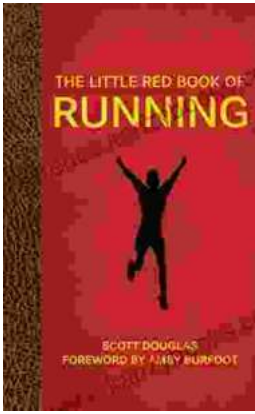
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