

GAZPACHO SOUP

INGREDIENTS:

- 1 cup cucumber
- 1 cup orange, or red bell pepper
- 4-5 whole Roma tomatoes
- 1/4 cup red onion
- 1 Tbsp fresh jalapeno
- 1-2 garlic cloves
- 1 handful of fresh cilantro
- 1 whole lime or lemon
- 1/4 cup apple cider vinegar
- 1 Tbsp Worcestershire sauce
- 4 cups tomato juice
- 1/2 tsp kosher salt
- 1 tsp fresh ground pepper



GAZPACHO SOUP



INSTRUCTIONS:

1. Chop all of the veggies finely, the size of a pea.
2. Combine finely diced cucumber, bell pepper, tomato, onion, jalapeño, garlic, and cilantro in a bowl.
3. Add lime or lemon juice, zest (optional), apple cider vinegar, Worcestershire sauce, and tomato juice.
4. Mix everything well.
5. Season with salt, pepper, and hot sauce (optional).
6. Cover and refrigerate for at least 45 minutes.
7. Serve the gazpacho chilled.

EMPANADAS

INGREDIENTS:

EMPANADA DOUGH

- 3 cups all-purpose flour
- 1/2 teaspoon salt
- 1 stick of butter
- 1 egg
- 1/4 cup to 1/2 cup milk

FILLING INGREDIENTS

- 1/2 lbs ground beef
- 1/2 onion
- 1/4 cup oatmeal
- salt & pepper
- 1/4 tsp cumin
- 1/2 cup grated cheese

For Vegetarian option:

- 1 bell pepper and
- 1 cup mushrooms

- 1 egg for egg wash



EMPANADAS



INSTRUCTIONS:

1. Mix flour, salt, butter, egg, and milk in a food processor until clumpy dough forms. Alternatively, use your hands to mix the ingredients.
2. Split the dough into 2 balls, and flatten them into disks., cover in plastic wrap. Use immediately or refrigerate for up to 2 days.
3. Roll out the dough and cut round discs, approx. 5" in diameter.
4. Spoon filling onto half of each disc, and fold and seal the edges by pressing or using a fork.
5. Brush with egg wash for a golden finish.
6. Bake at 375F-400F for 18-25 minutes until golden brown.



SPAIN

Once you cook the recipes,
place your stamp in your
passport

Shopping list: SPAIN

COLD:

- 1 stick of butter
- 2 eggs
- 1/4 cup to 1/2 cup milk
- 1/2 lbs ground beef
- 1/2 cup grated cheese

PRODUCE:

- 1 cup cucumber
- 1 cup orange, or red bell pepper
- 4-5 whole Roma tomatoes
- 1/4 cup red onion
- 1 Tbsp fresh jalapeno
- 1-2 garlic cloves
- 1 handful of fresh cilantro
- 1 whole lime or lemon
- 1/2 onion
- 1 bell pepper (for veg option)
- 1 cup mushrooms (veg option)

MISC:

- 3 cups all-purpose flour
- 1/4 cup oatmeal
- salt & pepper
- 1/4 tsp cumin
- 1/4 cup apple cider vinegar
- 1 Tbsp Worcestershire sauce
- 4 cups tomato juice