



Favorite Gazpacho



5 servings



15mins prep | 4 hours chilling time

Per serving:

182 calories

19 g carbs

4 g fiber

11.8 g fat

4 g protein

Ingredients

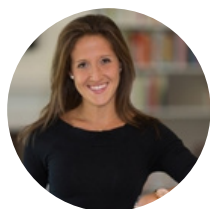
- 1 cucumber, seedless, chopped
- 1 1/2 red bell peppers, cored & chopped
- 4 tomatoes, chopped
- 1 red onion, chopped
- 2 cloves garlic, chopped
- 3 cups tomato juice or water
- 1/4 cup sherry vinegar
- 1/4 cup olive oil
- salt & pepper to taste

Directions

Make

1. Run each vegetable through food processor until finely chopped but not pureed
2. After each vegetable is processed, place in a large bowl and mix in balance of ingredients
3. Chill for at least 4 hours or overnight
4. Puree 1/2 of the soup and add back to bowl
5. Ladle into bowls and finish with some fresh herbs like parsley, cilantro or basil before serving.

Note: This would be delicious topped with with optional dollop of Greek yogurt, or sliced avocado



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*Making mealtime
deliciously easy.
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