

Gazpacho Soup



Gazpacho soup originated from the southern Spanish region of Andalusia. It's traditionally made with ripe tomatoes, bell peppers, cucumbers and garlic all blended with olive oil and vinegar. This time of year all those ingredients are at their most flavorful and as Gazpacho is traditionally served ice cold, the combination of intense flavors and refreshment of being chilled make it the perfect meal for mid-summer evenings.

Ingredients

(Serving size: 8)

- 3 cups tomatoes, red ripe, seeded and diced
- 2 cups red bell pepper, diced medium
- 2 cups red onions, diced medium
- 1/2 cup celery, diced medium
- 2 cups cucumber, diced medium
- 1 teaspoon garlic, minced
- 1/4 cup red wine vinegar
- 2 cups vegetable juice
- pinch cayenne or course black pepper.
- 1/2 cup fresh chopped basil

Method

Mix diced tomato, peppers, red onions, celery and cucumber together in a medium bowl. Divide the mixture in half and separate in two bowls.

Add garlic to one of the bowls and empty into blender. Add vinegar to the blender and puree until smooth.

Add the vegetable juice, cayenne and basil to the blender. Blend.

Add the puree to the bowl of diced vegetables.

Refrigerate overnight. Garnish with lime, natural yogurt and fresh basil leaves.

Nutritional Values

Per serving - 55 Calories, Fat 1 g - 7% calories from fat, Protein 2 g, Carbohydrate 13 g, Cholesterol 0 mg
Sodium 237 mg.