






## Fresh Gazpacho

 PREP TIME	20 minutes
 CHILL TIME	2 hours
 TOTAL TIME	2 hours 20 minutes
 SERVINGS	4
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4.67 from 3 votes

Fresh Gazpacho is the perfect way to use this season's bumper crop of garden-fresh tomatoes.

### Ingredients

- 2 pounds ripe tomatoes about 4-5 large
- ½ English cucumber diced
- ½ cup red bell pepper (or green bell pepper) finely chopped
- ¾ cup vegetable juice or tomato juice
- ¼ cup red onion finely chopped
- 1 clove garlic minced
- 1 tablespoon balsamic vinegar or red wine vinegar
- 1 tablespoon lime juice
- 2 tablespoons olive oil high quality
- ½ teaspoon cumin
- 1 tablespoon fresh basil for garnish
- 1 tablespoon fresh parsley for garnish
- salt & pepper to taste

### Instructions

1. Cut a small 'X' in the bottom of the tomatoes and drop into boiling water. Cook 30 seconds and plunge into ice water. Peel skins and discard. Cut tomatoes in half and remove the seeds.
2. Dice cucumbers, tomatoes, bell pepper, and red onions. Optional: set aside ½ cup of the chopped vegetables to add as garnish to the soup.
3. Place tomatoes in a blender with the vegetable juice. Puree until smooth. Add garlic, vinegar, lime juice, olive oil and cumin. Blend to combine.
4. Stir in finely chopped ingredients and chill at least 2 hours or overnight. Taste and season with salt & pepper.
5. Garnish with fresh herbs (and reserved vegetables).

### Notes

If using cherry tomatoes or grape tomatoes, they are too small to peel. Blend the recipe as directed and run the mixture through a strainer to remove the seeds and pulp.

Red bell pepper adds sweetness that helps balance the acidity of the tomatoes. If you use green bell pepper you may need to add a pinch of sugar depending on your tomatoes.

### Nutrition Information

Calories: 131, Carbohydrates: 14g, Protein: 3g, Fat: 8g, Saturated Fat: 1g, Sodium: 77mg, Potassium: 691mg, Fiber: 3g, Sugar: 8g, Vitamin A: 2325IU, Vitamin C: 50.9mg, Calcium: 38mg, Iron: 1.3mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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