

gazpacho



DIFFICULTY: easy
SPECIAL DIETS:
 vegan, gluten-free
YIELD: 6 servings

PREPARATION TIME:
 10 minutes
TOTAL COOKING TIME:
 15 minutes

What I love about this recipe is that it uses fresh, raw ingredients so that you retain all of their best vitamins and nutrients. You can make as many substitutions as you like and experiment to create your perfect blend.

INGREDIENTS:

- 6-8 ripe tomatoes
- 2 seeded cucumbers, unpeeled
- 2 bell peppers
- ½ red onion (or 2 shallots)
- 1 clove garlic
- 1 jalapeño
- 2 lemons, juiced (approx. 3 tbsp)
- 4 tbsp olive oil
- 4 tbsp red wine vinegar
- 2 tbsp blue agave (or substitute honey)
- 3 cups tomato or V8 juice
- parsley, salt and pepper

PREPARATION:

- PREPARE vegetables by giving them all a rough chop
- BLEND tomatoes and cucumbers in food processor until broken down
- ADD all other vegetables and seasoning to food processor, BLEND until smooth
- POUR mixture in a large serving bowl, ADD tomato juice
- SEASON to taste with salt and pepper
- CHILL for at least 2 hours before serving

NUTRITIONAL INFORMATION:

serving size = 2 cups (495g)

calories 199 | fat 10.3g | protein 3.8g | carbs 26.1g | sugars 17g | fiber 3.6g | cholesterol ~mg

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- 6-8 ripe tomatoes
- 2 seeded cucumbers, unpeeled
- 2 bell peppers
- ½ red onion (or 2 shallots)
- 1 clove garlic
- 1 jalapeño
- 2 lemons, juiced (approx. 50mL)
- 60mL olive oil
- 60mL red wine vinegar
- 30mL blue agave (or substitute honey)
- 750mL tomato or V8 juice
- parsley, salt and pepper

PREPARATION:

- PREPARE vegetables by giving them all a rough chop
- BLEND tomatoes and cucumbers in food processor until broken down
- ADD all other vegetables and seasoning to food processor, BLEND until smooth
- POUR mixture in a large serving bowl, ADD tomato juice
- SEASON to taste with salt and pepper
- CHILL for at least 2 hours before serving

NUTRITIONAL INFORMATION:

serving size = 500mL (495g)

calories 199 | fat 10.3g | protein 3.8g | carbs 26.1g | sugars 17g | fiber 3.6g | cholesterol ~mg