

# Italian Gazpacho

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- Serves: 4; 3/4 cup per serving
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## Description

*Gazpacho, a Spanish soup served chilled or at room temperature, goes Italian with the addition of lots of fresh basil.*

## Ingredients

10 ounces grape tomatoes (about 2 cups)  
1/2 medium cucumber, peeled  
1/4 cup packed fresh basil leaves  
1/4 cup chopped red onion  
1/2 medium green bell pepper, ribs and seeds discarded  
1/2 cup water  
3 tablespoons cider vinegar  
2 tablespoons drained capers  
1 1/2 tablespoons olive oil (extra-virgin strongly preferred)  
1 medium garlic clove  
1 medium lemon, quartered

## Cooking Instructions

For a coarser texture, process all the ingredients except the lemon in a food processor until the desired consistency. For a finer texture, pulse in a blender (pulsing keeps the mixture from foaming). Serve at room temperature or cover and refrigerate until chilled. Serve with the lemon wedges.

## Cook's Tip

Be creative and try other seasonings for the soup. Here are a couple of ideas to get you started: Replace the basil with other fresh herbs, such as a combination of oregano and parsley (about 2 tablespoons chopped oregano and 2 tablespoons snipped parsley), or try kalamata olives (about 8) or Louisiana hot sauce (about 1 tablespoon) instead of the capers.

Nutritional Analysis Per serving Calories Per Serving 78 Total Fat 5.5g Saturated Fat 1.0g Trans Fat 0 Polyunsaturated Fat 0.5g Monounsaturated Fat 3.5g Cholesterol 0mg Sodium 137mg Carbohydrates 7g Fiber 2g Sugar 4g Protein 1g