

Gazpacho

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Prep Time: 3

Gazpacho is a fresh cold vegetable soup, originating in the warmer climate of Spain. It is often described as a refreshing liquid salad because the vegetables are uncooked. For a smoother texture and less preparation time, throw all ingredients in the blender. Tastes great served with crusty French bread.

2 small tomatoes, diced (1 cup)
1 small green pepper, diced (1/2 cup)
1 medium-large celery stalk, diced (1/2 cup)
1 medium cucumber, diced (1 1/2 cups)
1 large green onion, diced (1/4 cup)
2 Tablespoons fresh parsley, minced
6 Tablespoons fresh basil, minced
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
3 Tablespoons white wine vinegar (optional)
2 Tablespoons Extra Virgin olive oil
1 teaspoon sugar
1/4 teaspoon black pepper
1/2 teaspoon Worcestershire sauce
1 (14 ounce) can no salt added beef broth
1 (46 ounce) can reduced-sodium V-8 Juice

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using.

Note: Some veggies, such as potatoes, need to be scrubbed well. (Meat, poultry, and seafood should be washed before using, too.)

Combine all ingredients. Cover and chill at least 4 hours (overnight is best). Serve in chilled bowls.

Serves 6

Calories 109; Fat 5g; Carbohydrates 14g; Protein 3g; Fiber 3g; Sodium 264mg.

NOTES: _____

Total Cost \$8.42

Cost Per Serving (6): \$1.40

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