

# TOMATO GAZPACHO

## Ingredients

- 9 medium tomatoes, cored, seeded and quartered
- 1 large green pepper, cored, seeded, and chopped
- 2 stalks celery, chopped
- 1/2 of a cucumber
- 1/4 of a jalapeno, seeded and chopped
- 1 small onion, chopped
- 2 cloves garlic
- 2 cups tomato juice
- 1/4 cup red wine vinegar
- 2 tablespoons olive oil
- salt and pepper, to taste
- scallions, optional garnish

## Directions

1. Combine tomatoes, bell pepper, celery, cucumber, jalapeño, onion, garlic in a blender.
2. Add 1 cup juice and pulse until chunky.
3. Whisk in vinegar and oil and season with salt and pepper. Thin with additional juice, 2 Tbsp. at a time, until mixture reaches desired consistency. Cover and chill at least 2 hours or overnight.
4. Check seasoning, adjust if desired, and serve cold, topped with scallions and celery stick.



**YIELD: 8 CUPS , 16 SERVINGS**  
**SERVING SIZE: 1/2 CUP**

## NUTRITION FACTS (PER SERVING)

41 calories  
5 grams of carbohydrates  
0.4 grams of protein  
28 grams of fat  
1.4 grams of fiber

*Enjoy this refreshing chilled soup as an antioxidant-rich prelude to the main meal. The nutrient-dense ingredients provide vitamin C, potassium, and folate.*