

SUMMER GAZPACHO SOUP

Ingredients:

3 cups ripe tomatoes, seeded and diced
2 cups cucumbers, seeded and diced
¼ cup red onion, diced
¼ cup yellow pepper, diced
¼ cup fresh basil, finely chopped
1 large ripe avocado, diced
2 cups tomato juice, low in salt
3 Tbsp olive oil
2 garlic cloves
3 Tbsp lime juice
2 Tbsp lemon juice
1 tsp salt
Cayenne pepper, to taste
Black pepper, to taste

Tip: serve the gazpacho soup with grilled chicken or fish for a more fulfilling meal. To change the texture, you can either puree all the vegetables or do half and half for a semi-chunky version.



Instructions:

- In a medium bowl, mix basil, tomato juice, olive oil, garlic, lime & lemon juice, cayenne & black pepper, and salt. Blend in the food processor.
- Pour the mixture in a large saucepan. Add all the remaining ingredients and mix well.
- Chill before serving.

Serves 6-10 people

GOOD TO KNOW

Gazpacho is a cold soup originating from Spain. It is a tomato based soup with a combination of raw vegetables. The name *gazpacho* originated from the Spanish word “caspa,” meaning “fragments.” It refers to the small pieces of vegetables and bread found in the traditional version of the soup. This dish is popular during the hot months in Spain.