Dr. Rebecca Hauser ND Pinewood Naturopathic Medical Clinic

Gazpacho

Ingredients

- 4 Roma (plum) tomatoes or 2 hot house tomatoe, quartered
- 1 large cucumber, peeled and halved
- 1 onion, peeled and halved
- 1 cup green bell pepper, diced *
- 1 (4 ounce) jar diced pimento peppers, drained
- 2 (12 fluid ounce) cans tomato juice **
- 3 Tbsp olive oil
- 1/3 cup + 1 Tbsp red wine vinegar
- 1/4 teaspoon hot pepper sauce
- 1/2 teaspoons salt (to taste)
- 1/8 teaspoon ground black pepper
- 2 cloves garlic, minced
- 1/2 cup croutons (optional)
- 1/4 cup chopped fresh chives

Directions

In a blender combine two roma or one hothouse tomato, half the cucumber, half the onion, a green bell pepper half, the pimentos and 1/2 cup tomato juice. Blend at high speed for 30 seconds to puree the vegetables.

In a large bowl mix the pureed vegetables with remaining tomato juice, olive oil, vinegar, hot pepper sauce, salt and ground black pepper. Cover mixture and refrigerate until it is well chilled (about 2 hours).

Meanwhile saute the croutons in oil and add the garlic; transfer to a small bowl.

Place remaining chopped tomato, cucumber, onion and green bell pepper in separate bowls. Serve soup in chilled bowls, garnish with chives, and serve chopped vegetables and croutons as accompaniments.

- * A delicious way to add a twist is to do half green and half red or orange pepper
- ** Using V8 or other vegetable juice adds more flavor to the soup.