



Gazpacho Soup

Makes 10 Servings

- 1 large onion roughly chopped
- 1(28oz.) can diced tomatoes, undrained
- 2 cups chopped cucumbers, peeled & seeded
- 1 medium red pepper, seeded and roughly chopped (about 1.5 cups)
- ½ cup fresh cilantro, roughly chopped
- ¼ cup olive oil
- 1 1/2 cups canned tomato puree
- 1 cup tomato juice (low sodium if possible)
- 1 tbsp. lemon juice
- 1/8 cup balsamic vinegar

- Place half the onion, tomatoes, cucumbers, pepper, and cilantro in the bowl of a food processor fitted with a metal blade; pulse to chop coarsely.
- Remove the chopped vegetables and set aside.
- Repeat with the second half of these vegetables.
- Combine the vegetables with the olive oil, tomato puree, tomato juice, lemon juice, and salt and pepper in a large container.
- Blend in the balsamic vinegar.
- Refrigerate for at least four hours, but preferably overnight.

Nutrition information:

Calories 95	Total Fat: 11.06g
Saturated Fat: 0.77g	Cholesterol: 0.00mg
Carbohydrates: 11.06g	Dietary Fiber: 2.36g
Protein: 1.92g	