

Favorite Gazpacho

Prep Time 30 mins
 Total Time 40 mins
 Meal Type Lunch,Snack
 Contributed By



Source [Living Plate](#)

Servings 10



Ingredients

lb,c g,ml

- 2 cucumbers, seedless, *seeded and chopped, not peeled*
- 3 red bell peppers, *cored, seeded and chopped*
- 8 tomatoes, *chopped*
- 2 red onions, *chopped*
- 6 cloves garlic, *minced or pushed through parlic press*
- 6 cup tomato juice
- 1/2 cup sherry vinegar
- 1/2 cup olive oil
- salt, *to taste*

Directions

Make

1. Run each vegetable through food processor until finely chopped but not pureed
2. After each vegetable is processed, place in a large bowl and mix in balance of ingredients
3. Chill for at least 4 hours or overnight
4. Puree 1/2 of the soup and add back to bowl
5. Ladle into bowls and finish with some fresh herbs before serving

Notes

Fresh tomatoes can be used in place of tomato juice. Place about 6 tomatoes in blender and process until smooth. Pass through a sieve or cheesecloth to remove seeds and skins

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	174	Total Fat 11.7g	17%	Total Carbohydrates 17g	5%
		Saturated Fat 1.6g	7%	Dietary Fiber 4g	14%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 25mg	1%		
Vitamin D 0mcg 0% · Calcium 47mg 4% · Iron 1mg 7% · Potassium 786mg 16%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)