

Traditional Gazpacho

Soup/Heart Healthy/Plant Based



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Serves: 8-10

Items Needed: cutting board, knife, & blender

Ingredients:

- 2 cucumbers
- 4 red bell peppers
- 8 plum tomatoes
- 2 oz red onion (approx. ¼-1/2 of a lg red onion)
- 6 cloves garlic
- 24 oz tomato juice (low sodium if possible)
- ½ cup vinegar (preferably red wine or balsamic)
- ½ cup olive oil
- 2 tsp salt
- 1 tsp ground pepper
- ½ oz sriracha sauce

Directions:

1. Roughly chop the cucumbers, bell peppers, tomatoes, and red onion into 1 inch cubes. Put each vegetable separately into a food processor or blender fitted with a steel blade and pulse until it is coarsely chopped. (If you want a smoother soup, you can puree everything longer.)
2. After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt and pepper. Add the sriracha to your preference.
3. Mix well and chill before serving. Letting the gazpacho sit overnight at least will allow the flavors to develop.

Nutrition Information (per 1/8 recipe):

Calories: 150 Fat: 11 g Carbs: 11 g Protein: 2 g Fiber: 3 g Sodium: 460mg