

Gazpacho Soup

When the temperatures rise, this classic cold Spanish soup is a nice option. The key is using really ripe, flavorful, fresh tomatoes. It is also a no-cook, healthy and vegetarian dish. I like to serve it with a colorful array of chopped toppings, including fresh avocado (California style) and a bit of sour cream. The combination of the tangy soup, with the crunchy toppings is nice with the creamy avocado and sour cream for contrast.

Makes: About 6 - 8 servings

List of Ingredients:

4 cups fresh tomatoes (Roma or Campari)

1 cup orange or yellow bell pepper

1 cups cucumber, peeled and seeded

½ cup chopped celery

½ cup red onion, chopped

1 clove of garlic, crushed

¼ cup olive oil

¼ cup vinegar (white or Sherry vinegar)

¾ cup fresh breadcrumbs

dash of ground cumin

sea salt & fresh ground black pepper



Toppings:

avocado, diced

diced bell pepper, red onion and cucumber

sour cream

sprig of parsley

To Prepare:

Cut the tomatoes into chunks (no need to remove the skin).

Cut the bell pepper (green is traditional, but I like yellow or orange) into ½" pieces.

Peel & seed the cucumber (run a small spoon down the inside to remove the seeds), cut into ½" pieces.

Cut the celery, and red onion into ½" pieces.

Peel a whole clove of garlic and crush it (I use a garlic press).

Combine all the vegetables in a large mixing bowl.

Use a food processor (you may need to do it in batches depending on the size of your machine) and make a fine puree of the vegetables.

Add the olive oil, vinegar, breadcrumbs and seasonings, and puree some more.

Refrigerate until chilled.

Serve chilled with toppings and toast.