



Gazpacho

Prep time: 25 minutes

Makes: 6 Servings

Take a trip to Spain in your very own kitchen! Gazpacho, a Spanish favorite, is a cooling pureed vegetable soup topped with extra virgin olive oil for a smooth finish.

Ingredients

For the Soup:

3 slices bread (crusts removed and discarded)

1 1/4 cups cold water (divided)

3 medium tomatoes (ripe, skinned, seeded, and roughly chopped, about 3 3/4 cup or 2 pounds)

1 small cucumber (peeled, seeded, and roughly chopped, about 1 1/2 cup)

1 green pepper (seeded and roughly chopped, about 1 cup)

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	160 mg
Total Carbohydrate	18 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	1 g
Protein	3 g
Vitamin D	0 mcg
Calcium	54 mg
Iron	1 mg
Potassium	504 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 1/2 cups
 Grains	1/2 ounce

2 teaspoons minced garlic (or 4 cloves fresh garlic, finely chopped)

1/4 cup extra virgin olive oil

1 tablespoon red wine vinegar

1/4 teaspoon low-sodium adobo seasoning

For the garnish

1 small tomato (seeded and finely chopped, about 1 cup)

1/2 small red onion (finely chopped, about 1/2 cup)

1/2 green bell pepper (seeded and finely chopped, about 1/2 cup)

1 hard-cooked egg (finely chopped)

Directions

1. Tear bread into small pieces; transfer to medium bowl and cover with 1 cup water.
2. Soak until bread is saturated, about 15 minutes.
3. Squeeze water from bread, discarding soaking water.
4. In bowl of blender or food processor, add bread, tomatoes, cucumber, bell pepper, garlic, and 1/4 cup of water.
5. Blend until well combined, about 1 minute.
6. With motor running, add oil in steady stream until well blended.
7. Stir in vinegar, season with low-sodium adobo.
8. Strain pureed soup through small-hole strainer, into soup terrine, pressing firmly to pass all liquid through strainer, discard any solids.
9. Cover terrine; transfer to refrigerator.
0. Chill at least 1 hour, or up to 48 hours.
1. To serve, divide soup evenly among serving bowls.
2. Garnish with tomatoes, onions, peppers, and eggs.

Notes

Serving Suggestions: Serve with Spanish Garlic Shrimp, Garlic and Spanish Rice, and a glass of non-fat milk to make the meal complete.

Source: The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking