

# GAZPACHO SOUP



## Method

Wash and quarter the unpeeled tomatoes and remove the stem bases. Cut the bell peppers and cucumber into large chunks, and roughly chop the red onion and garlic. Put the tomatoes, bell peppers, cucumber, red onion and garlic into a food processor and blend well.

Add the balsamic vinegar, lemon juice and olive oil to the soup and process the mixture until all the gazpacho ingredients are liquified. If you like your soup thinner, you can also blend in a little cold water.

Season your super healthy cold gazpacho soup with salt and pepper.

Pour the gazpacho soup into a large glass bowl and cover with a plastic wrap or lid. Refrigerate until the flavors blend, preferably overnight.

Serve your gazpacho soup chilled, garnished with your favorite herbs or microgreens. Broccoli microgreens, which are easy to grow indoors any time of the year, make an excellent healthy garnish to cold gazpacho.

## Time

30mins

## Serves

7 cups  
(1 cup per serving)

## Calories (per serving)

260

## Carbs (per serving)

12g

## Fat (per serving)

3g

## Protein (per serving)

1g

## Ingredients

- 8 medium ripe tomatoes (1 kg)
- 2 bell peppers
- 1 medium cucumber
- 1 medium red onion
- 2 cloves garlic
- 3 Tbsp white balsamic vinegar
- 1 Tbsp lemon juice
- 2 Tbsp extra-virgin olive oil  
(can substitute with coconut oil for phase 2 but will significantly alter the taste, calories for this recipe are based on olive oil method)
- 1 tsp salt
- 1 tsp ground black pepper
- Fresh herbs or microgreens for garnish (optional but recommended)