

Gazpacho

Description

Gazpacho is a refreshing summertime cold soup favorite. Always serve chilled. This unique soup has its origins in the Andalusian region of Spain.

Ingredients

- 1 clove garlic, peeled
- 1 medium jalapeno pepper, seeded, cut into 1--inch pieces
- 1/3 cup fresh cilantro
- 6 small scallions, cut into 1-inch pieces
- 1 small green bell pepper, cored and seeded, cut into 1-inch pieces
- 3 medium tomatoes, cut into 1-inch pieces
- 3 cups tomato juice (or v8 cocktail juice)
- 1 medium cucumber, peeled, cut in half lengthwise
- 3 tbsp fresh lime juice
- 1/2 tsp black pepper, coarsely ground
- 1/8 tsp kosher salt
- 6 tsp sour cream (reduced fat if preferred)
- fresh cilantro for garnish if desired



Summary

Yield: 6

Prep Time: 20 minutes

Category: Soups

Cuisine: Spanish

Instructions

You will need your Cuisinart food processor (or equivalent) to prepare this recipe.

Insert the chopping blade and process the garlic and jalapeno pepper until finely chopped, about 5 seconds. Scrape the work bowl. Add the cilantro, scallions and green pepper. Pulse to coarsely chop, about 10 to 12 pulses.

Transfer to a large mixing bowl. Place tomatoes in work bowl and pulse to coarsely chop, about 8 pulses. Be careful not to over-process. You want to leave slightly chunky, not a pure liquid. Transfer to the mixing bowl. Add tomato juice (or V8 cocktail juice) to the tomato mixture and stir to combine.

Insert the slicing disk. Feed the cucumber through the feed tube and slice vertically. Add sliced cucumbers to the mixing bowl. Add lime juice, pepper and salt to mixing bowl and stir to combine.

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Cover and chill before serving. Garnish with 1 tsp of sourcream and a sprig of fresh cilantro.

Notes

I like to use V8 cocktail juice as a substitute for the tomato juice. Adds an extra spice and zing to the Gazpacho.