

Garden-Fresh Gazpacho

Prep: 20 minutes | Chill: 2 hours | Total: 2 hours 20 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

1½ pounds ripe medium tomatoes (about 6-10 tomatoes, depending on variety)

1 (5.5-ounce) can tomato juice, added as needed

1 medium cucumber, peeled, seeded, and finely chopped (about 1 cup)

1 medium red bell pepper, finely chopped (about 1 cup)

½ cup finely chopped onion

1 jalapeño, seeds and membranes removed, minced

1-2 garlic cloves, minced (about 1 teaspoon)

1 lime, juiced (about 2 tablespoons juice)

1 tablespoon balsamic vinegar

1 tablespoon lite (reduced-sodium) soy sauce

½ teaspoon ground cumin

¼ teaspoon salt

¼ teaspoon ground black pepper

¼ cup extra-virgin olive oil

¼ cup sliced fresh basil leaves

Directions

1. Fill a large pot or saucepan halfway full with water. Set over high heat and bring to a boil.
2. Meanwhile, prepare a large bowl with ice water and make an X cut with a paring knife on the bottom of each tomato.
3. Carefully drop the tomatoes into the boiling water and cook for 15 seconds, then remove and transfer to the ice water.
4. Let tomatoes cool until able to handle, about 1 minute, then remove from the ice water and pat dry.
5. Peel and seed the tomatoes. To seed the tomatoes, place them in a fine mesh strainer set over a large mixing bowl. Press as much of the juice and pulp through as possible.
6. Transfer the collected juice and pulp to a liquid measuring cup. Add canned tomato juice to bring the total to 1 cup.
7. Transfer the tomatoes and juice back to the bowl. Add the cucumber, bell pepper, onion, jalapeño, garlic, lime juice, vinegar, soy sauce or tamari, cumin, salt, and black pepper. Stir to combine.
8. Transfer 1½ cups of the mixture to a blender and add the olive oil. Blend on high speed until smooth and creamy, about 20-30 seconds.
9. Return the pureed mixture to the bowl and stir to combine.
10. Cover and chill for at least 2 hours, up to overnight.
11. Serve cold, garnishing with the basil.

Recipe Notes

- Try adding any leftover tomato pulp and seeds to other dishes such as rice, pasta, or soup.

**Nutrition Facts Per Serving: Calories: 155 | Total Fat: 13 g | Saturated Fat: 2 g
Sodium: 375mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 2 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs