

Recipe – Quick Gazpacho

Ingredients:

- 8 oz. vegetable juice such as Knudsen Very Veggie (low carb and low sodium), V-8 or any tomato juice.
- 2 tomatoes
- 1 red pepper
- 1 medium cucumber
- 1 clove garlic, mashed
- 1 whole lemon or lime, juiced or 1 - 2 TBS vinegar
- 1 TBS olive oil
- pinch sea salt

optional:

1 small red onion
handful parsley, basil, or cilantro
1 celery stalk
hot sauce to taste

Directions:

Place the garlic, oil and citrus juice in the food processor and pulse to mince the garlic. Add pepper and cucumber. Pulse to chop. Add tomatoes and vegetable juice and process just a couple seconds to blend. It should still be a bit chunky.

Serves 4.

Optional Toppings:

Avocado
Goat cheese
Hot sauce
cilantro