



## Tomato Gazpacho

A refreshing summer dish.

### U.S.

#### *For the Gazpacho:*

5 each	Tomatoes, conasse (blanched, peel and seeds removed)	5 each
2 each	Red Bell Pepper, cored and seeded	2 each
2 each	English Cucumber, peeled, seeded	2 each
2 cloves	Garlic, minced	2 cloves
1 cup	White Vinegar	235 mL
3/4 cup	Olive Oil	180 mL
1 Tbsp	Hot Sauce	15 mL
1/2 tsp	Salt, Kosher	3 g
1/2 tsp	Black Pepper, ground	1.2 g

#### *For the Cilantro Oil:*

1/2 cup	Olive Oil	115 mL
1/2 bunch	Cilantro	1/2 bunch
1/8 tsp	Salt, Kosher	0.75 g

### **Preparation:**

#### *For the Gazpacho:*

1. Gather all ingredients and equipment.
2. In a large bowl, combine all of the ingredients except the olive oil and allow the vegetables to marinate for 30 minutes-1 hour.
3. Once marinated, combine all ingredients in a food processor and blend until smooth, drizzling in the olive oil gradually. Taste and adjust seasoning when necessary.
4. Chill the soup for at least an hour, serve cold.

#### *For the Cilantro Oil:*

1. Gather all ingredients and equipment.
2. Place all ingredients in a food processor and blend until smooth. Place the blended mixture into a squeeze bottle and allow it to cool for 15-20 minutes.

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<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Servings</b>	<b>4</b>
<b>Calories</b>	90
Calories from Fat	15
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	340 mg
Carbohydrates	11 g
Dietary Fiber	5 g
Sugars	7 g
Protein	3 g
Vitamin A	189 %
Calcium	2 %
Vitamin C	135 %
Iron	2 %
Phosphorus	39 mg

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