

Potato and Vegetables

Garden Fresh Gazpacho

Consume one too many burgers? Here's a great way to start eating lighter fare. Made with fresh cucumbers, onions, tomatoes and peppers, this soup is a refreshing option to enjoy on a lazy summer day. I like to top mine with chopped corn, cilantro and chives. Absolutely delicious!

Ingredients:

1/4 cup red wine vinegar
1/4 cup Olive Oil
1 European cucumber
1 green and red pepper
3 vine ripe tomatoes
1 medium red onion
2-3 garlic cloves, or to taste
1 teaspoon cayenne pepper
Salt & white pepper, to taste

Instructions:

Combine all ingredients in a food processor and blend to your preferred consistency. Top with finely chopped radishes, cucumber, red or green pepper and gillians chick pea croutons. Sip by the spoonful or serve with tortilla chips.

Gillian's Ideas: Add any of your favorite veggies like broccoli or corn, or add a cup or two of Vegetable juice. Enjoy!

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