



# Gazpacho

6 Servings • 1 Serving = 1 Cup

Adapted from The Sonoma Diet, by Connie Guttersen, RD, PhD

## INGREDIENTS

- 2 pounds tomatoes
- 3 cloves garlic
- ½ onion
- 1 red bell pepper
- 1/3 green bell pepper
- 1 cucumber, peeled
- 1 Tablespoon olive oil
- 3 Tablespoons red wine vinegar
- ¼ - ½ cup water
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

## DIRECTIONS

1. In a large bowl, mix all ingredients. Add to a food processor and add very cold water. Process on high until the mixture has a smooth consistency.
2. Refrigerate for at least 2 hours before serving.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 461mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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