



cara price

GAZPACHO

INGREDIENTS

- 1 English Cucumber, peeled & coarsely chopped
- 1 green pepper, seeded & coarsely chopped
- 1 yellow onion, peeled & coarsely chopped
- 2 cloved garlic, peeled
- 4 roma tomatoes, seeded & coarsely chopped
- 2 tablespoons parsley leaves
- 2 - 8 ounce cans tomato sauce
- 1 cup water
- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 2 teaspoons salt
- 1 teaspoon pepper
- 2-4 dashes, hot red pepper sauce
- suggested garnish: extra parsley or avocado slices

DIRECTIONS

prepare all ingredients as described.

place all ingredients in a food processor & pulse until desired consistency is reached. {you could use a blender for this but you will need to work in small batches}

chill at least 4 hours before serving.

this soup will keep in the fridge for 4 days.