



Fresh Gazpacho

Cool, refreshing, and bursting with garden-fresh flavor, this classic gazpacho is the perfect no-cook soup for hot summer days. Packed with ripe tomatoes, crisp cucumbers, and a hint of garlic, it's light yet satisfying. Serves as a starter, a light lunch, or sip it chilled from a glass.

Make ahead and store in the fridge—it tastes even better the next day.

Serves: 4

Serving Size: 1 cup

Ingredients:

- 4 large ripe tomatoes, chopped
- 1 cucumber, peeled and chopped
- 1 bell pepper, chopped
- 1 small red onion, chopped
- 2 cloves garlic
- 2 tbsp red wine vinegar
- 1 tbsp olive oil
- 1 tsp pepper
- 1 tsp salt

Directions:

1. Place tomatoes, cucumber, bell pepper, onion, and garlic in a blender: blend until smooth but slightly chunky.
2. Add vinegar, olive oil, salt, and pepper; pulse to combine.
3. Chill for at least 1 hour before serving.
4. Serve cold with crusty bread or veggies.

Nutrition Info per serving:

Calories: 109 , Saturated Fat: 1.1 g, Sodium: 157mg, Added Sugars: 0, Fiber: 2.8g, Protein: 2.1g

Recipe adapted from:

<https://www.justataste.com/fast-fresh-gazpacho-recipe/#spanish-gazpacho-ingredients>