

Gazpacho

VEGAN + GLUTEN-FREE



INGREDIENTS:

- 1 cup stale or day-old bread (gluten-free if needed), torn into large pieces
- 2½ cups tomato juice, divided
- 2 Tbsp cider vinegar
- ½ cup extra virgin olive oil, divided
- 4 medium tomatoes
- 2 cucumbers
- 2 red peppers
- 2 tsp salt
- 1 small sweet onion, chopped
- 2-3 sprigs fresh cilantro
- 2-3 sprigs parsley
- 2-3 garlic cloves
- ½ jalapeño pepper



Tested and Approved by 86lemons.com

<http://86lemons.com/gazpacho>

Original Recipe Source:

By Chef John Simmons

<http://www.cheflive.com/2010/01/gazpacho>

YIELDS: 6 servings

STEP 1:

Place bread in a bowl and pour 1½ cups of the tomato juice over it. Then add cider vinegar and ¼ cup of the olive oil. Set aside.

STEP 2:

Fill a medium pot with enough water to cover all four tomatoes (do not put tomatoes in the pot yet) and place over high heat, covered. Using a sharp knife, score the bottom of each tomato with an "X" (this will make the skin easier to remove). When water is boiling, place tomatoes in the pot for 1 to 1½ minutes. Immediately drain, then cover tomatoes with cold water to stop cooking process.

STEP 3:

When tomatoes are cool enough to handle, peel off the skins. Cut tomatoes in half and squeeze or scrape to remove seeds/insides (discard inside portion). Cut up tomatoes and add to blender.

STEP 4:

Peel cucumbers. Cut in half and, using a spoon, scrape out seeds and discard. Cut up cucumber and add to blender. Cut red pepper, remove seeds and white insides. Cut up and add to blender.

STEP 5:

Add ½ cup tomato juice, salt, ¼ cup olive oil, onion, cilantro, parsley and garlic cloves to blender. Blend all ingredients. *NOTE: If you have a high-speed blender such as a Vitamix, do not blend on high and be careful to not over-blend (or else you'll have foamy soup with air bubbles - if this happens, see blog post on 86 Lemons for solution).*

STEP 6:

Add bread a few pieces at a time, along with the soaking liquids, and blend to thicken mixture. Add jalapeño and blend. If it gets too thick, thin with more tomato juice. Enjoy as is or refrigerate over night (mixture will thicken, flavors will intensify).