

## Gazpacho [cold soup]

*POINTS per serving*

*Yield/Serves:*

### **INGREDIENTS**

1-2 cloves of garlic chop very fine and mash.....add to large bowl  
3 lbs of tomatoes peeled seeded & chopped, add to bowl (you can use 1  
lg fresh & 28oz can diced not  
stewed tomatoes  
2 Cucumbers peel and seed & chopped add to bowl  
½ to ¾ cup minced seeded green pepper add to bowl  
½ to ¾ cup minced onion add to bowl  
2-3 cups of iced tomato juice (not V8) add  
¼ cup or less of olive oil add  
3 to 5 tablespoons white vinegar \*add 3 tbs first, mix and taste  
Salt and pepper --  
¼ teaspoon Tabasco or hot sauce

### **INSTRUCTIONS**

Jalapeno slices jarred 3-4 to taste  
You can add more garlic or spice according to your taste  
Served chilled and chilled bowls with frozen cube of tomato juice in each bowl  
(For company)  
Top with small dollop of Fat free sour cream or croutons

❖ Optional  
This recipe is a snap with a food processor but don't liquefy, you want  
some texture of veggies. Don't use a blender you lose the texture, its like a  
creamed soup

- Thanks Eileen