

Gazpacho Soup (tomato-based)

(courtesy of eHow.com)



Gazpacho is a cold Spanish tomato-based raw vegetable soup, originating in the southern region of Andalusia. Gazpacho is widely consumed throughout Spain, neighboring Portugal (where it is known as gaspacho) and parts of Latin America. Gazpacho is mostly consumed during the summer months, due to its refreshing qualities.

Things You'll Need:

- Food processor / blender

Instructions

1. Step 1



Gather ingredients & chop vegetables

Ingredients:

- 3 cups of chopped fresh tomatoes (4-5 tomatoes)
- 4 cloves garlic, chopped
- 2 cups peeled and chopped cucumbers (3 cucumbers)
- 1 cup chopped celery (3 stalks)
- 1 red onion, chopped
- 1 cup chopped bell pepper (you can use red, green, yellow - a mix)
- 4 cups V-8 juice (4 individual serving cans)
- 1/4 cup red wine or balsamic vinegar
- 2 tablespoons Worcestershire sauce

1 tablespoon olive oil
cayenne pepper, hot sauce, salt & pepper

2. Step 2



Blend or processor to your consistency.

Place all of your ingredients in a blender or **food** processor. Mix and chop until you have a soup like consistency. Some people like it "chunky" some like it liquid. Your choice. Serve soup chilled.

3. Step 3



Gazpacho Soup (Chunky)

I like to serve hot and fresh garlic bread with the soup. You can garnish the soup with a squeeze of fresh lemon and cilantro. I have a nice glass of Cabernet wine to accompany the meal. Delicious!

Green Gazpacho Soup

(courtesy of CampbellsKitchen.com)



- 2 large cucumbers , peeled and cut into quarters (about 4 cups)
- 2 medium ripe avocados , pitted, peeled and cut into quarters (about 2 cups)
- large green pepper , coarsely chopped (about 1 1/2 cups)
- 4 medium green onions , coarsely chopped (about 1 cup)

- 3 1/2 cups Swanson® Vegetable Broth or 0 Swanson® Certified Organic Vegetable Broth
- 2 1/2 tbsp. lime juice
- 1/4 tsp. hot pepper sauce
- sour cream or 0 yogurt
- Grated lime peel (optional)

Place about 1/2 of the cucumber, avocado, green pepper and green onions in a food processor container. Add 1 3/4 cups of the broth. Cover and pulse about 3 to 4 times until mixture is coarsely chopped, not pureed. Pour chopped vegetable mixture into a large glass bowl. Repeat the blending process with remaining vegetables and broth. Stir in the lime juice and hot pepper sauce. Refrigerate for at least 15 minutes before serving.

Divide the soup mixture among 8 serving bowls. Top each serving of soup with a tablespoon of sour cream and lime peel if desired.