



## Tried and Tested: Gazpacho

*The perfect summer soup!*

**Recipe tested by:** Edie Shaw-Ewald, PDt

### Ingredients:

- 4 medium tomatoes, chopped
- 1 seeded red pepper, chopped
- 1 medium cucumber, chopped
- 1/2 red onion, chopped
- 4 cloves garlic
- 1 cup fresh parsley
- 1/2 lemon, juiced
- 2 cups tomato juice
- 3 tablespoons red wine vinegar
- 1 tbsp Worcestershire sauce
- 3 tablespoons olive oil
- Salt and freshly ground pepper



### Instructions:

1. Combine tomatoes, red pepper, cucumber, onion and garlic, parsley, juices, vinegar, Worcestershire sauce, olive oil and salt and pepper in a food processor. Pulse until combined but still chunky. Taste and season with salt and pepper.
2. Refrigerate for 2 hours or until cold.
3. Serve with a crusty baguette and a nice cheese, or with quesadillas!