

Refreshing Cold Gazpacho

“It is getting h000t in here!” Arizona summer is picking up and I am looking for new “cooler” ways to incorporate veggies into our diets. I love gazpacho cold Spanish soup that is easy and quick to make! Do not forget to buy organic tomatoes, as they belong to “Dirty Dozen” and are heavily sprayed. Plus, the taste will not disappoint you! The best tomatoes that I found so far are Organic Heirloom tomatoes from Sprouts Market, but regular organic Roma tomatoes will be great too. I would not use the beefsteak tomatoes: too many seeds for gazpacho soup. If you are sensitive to nightshades (potatoes, peppers, tomatoes, eggplant), this dish may not be tolerated well.

Ingredients:

2 pounds tomatoes, chopped
2 slices purple onion
3 garlic cloves
2 tablespoons olive oil
1 red pepper, seeded and chopped roughly
2 tablespoons Apple Cider Vinegar
1 strip of pepper, finely chopped
1 Persian cucumber, finely chopped
1/2 bone broth, chicken broth, vegetable broth or water
A handful of cilantro or parsley, finely chopped for decoration

Directions:

1. Place all the vegetables in a blender, add bone broth, pepper, salt, olive oil, and vinegar in a blender and blend on high for 30-60 seconds.
2. Add more salt and pepper if needed, pour into a Mason jar and chill in the fridge for at least an hour.
3. When ready to serve, add a sprinkle of cilantro, some

finely chopped red pepper and cucumber.
4. Enjoy!

