



# GAZPACHO

Take a trip to Spain in your very own kitchen! Gazpacho, a Spanish favorite, is a cooling puréed vegetable soup topped off with extra virgin olive oil for a smooth finish.

**Preparation time:** 25 minutes + chilling time

**Serves:** 6

## INGREDIENTS:

### For the soup:

- 3 slices bread, crusts removed and discarded
- 1 ¼ cup cold water, divided
- 3 medium ripe tomatoes (about 2 lbs), skinned, seeded and roughly chopped (about 3¾ cups)
- 1 small cucumber, peeled, seeded and roughly chopped (about 1½ cups)
- 1 green bell pepper, seeded and roughly chopped (about 1 cup)
- 2 tsp minced garlic, or 4 cloves fresh garlic, finely chopped
- ¼ cup extra virgin olive oil
- 1 tbsp red wine vinegar
- ¼ tsp low-sodium adobo seasoning

### For the garnish:

- 1 small tomato, seeded and finely chopped (about 1 cup)
- ½ small red onion, finely chopped (about ½ cup)
- ½ green bell pepper, seeded and finely chopped (about ½ cup)
- 1 hard-boiled egg, finely chopped

## DIRECTIONS:

Tear bread into small pieces; transfer to medium bowl and cover with 1 cup water. Soak until bread is saturated, about 15 minutes. Squeeze water from bread, discarding soaking water. In bowl of blender or food processor, add bread, tomatoes, cucumber, bell pepper, garlic and ¼ cup water. Blend until well combined, about 1 minute. With motor running, add oil in steady stream until well blended. Stir in vinegar; season with low-sodium adobo. Strain puréed soup through small-hole strainer into soup terrine, pressing firmly to pass all liquid through strainer; discard any solids. Cover terrine; transfer to refrigerator. Chill at least 1 hour, or up to 48 hours. To serve, divide soup evenly among serving bowls. Garnish with tomatoes, onions, peppers and eggs.

## Serving Suggestions:

Serve with Spanish Garlic Shrimp, Garlic and Spinach Rice and a glass of non-fat milk to make the meal complete.

\* This is an adapted Goya recipe. Find original recipes in the cookbook *The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking*. Photo credit: Goya.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	1 cup
Grains	1 oz
Protein	--

Nutrition Facts	
Serving Size (194g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 3g</b>	
Vitamin A 20%	Vitamin C 50%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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