



LIVE WELL WATERTOWN

Gazpacho Summer Soup

Prepared By: Community Chef Gaia

INGREDIENTS:

- 3 pounds very ripe tomatoes
- 1-2 small cucumbers
- 1 medium size red bell pepper
- One half of a small onion
- 1/2 cup extra-virgin olive oil
- 3 tablespoon of sherry vinegar (or normal vinegar)
- 1-2 garlic cloves
- coarse salt
- 1 teaspoon of sugar
- 2 cups cubed day-old (but fresh will do as well) country bread, crust removed
- A bit of water to wet the bread

INSTRUCTIONS:

1. Peel and chop the cucumbers
2. Pell the onion and cut in half
3. Core and seed the bell pepper
4. Seed the tomatoes as much as you can, without discarding the pulp, strain and reserve juice
5. Chop the garlic
6. Put these veggies in the blender and pulse for a few times
7. Soak the bread in a bit of water
8. Add the soaked bread, the sugar and the salt (to taste) in the blender and blend until you get a puree
9. Transfer the puree in a bowl, add vinegar and olive oil and gently incorporate them in the puree
10. Enjoy at room temperature or chilled. It can be kept covered in the fridge for a couple of days.