



175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



## Easy & Quick Spicy Gazpacho

Makes 8 1-1/2 cup servings. Recipe adapted from Food Network.

### Ingredients

- 2 (32-ounce) cans diced tomatoes in puree
- 1/4 cup Frank's Red Hot Cayenne Pepper Sauce (for much milder heat use only 2 tablespoons)
- 1/2 European seedless cucumber, cut into chunks
- 1 small red onion, cut into chunks
- 2 jalapenos or serranos, seeded and coarsely chopped
- 2 ribs celery, from the heart of the bunch, chunked
- Handful fresh cilantro leaves
- 1 lemon or lime, juiced
- Coarse salt and black pepper
- Lime or lemon wedges or cilantro sprigs for garnish

### Nutritional info per serving

Calories:	81
Total fat:	1g
Cholesterol:	0mg
Sodium:	681mg
Total Carbs:	16g
Dietary Fiber:	5g
Protein:	3g

### Directions

1. Working in batches, combine all ingredients in a food processor and pulse grind into a thick soup.
2. Adjust seasonings. Pour soup into a pitcher and chill until ready to serve.
3. Serve in chilled mason jars or glasses with wedges of lime or lemon or springs of cilantro for garnish.

**NOTE:** This can be served chilled or at room temperature.