

Macho Gazpacho

www.kitchen2point0.com

Servings: 9



Equipment: Large container, food processor, blender or immersion blender, knife, microblade or grater.

Yield: 14 cups

4 cups tomato, red ripe, coarsely chopped
4 cups cucumber, chopped
4 cups green bell pepper, chopped
2 cups sweet onions, diced small
1 cup scallions, diced small
1 cup parsley, minced
1 tablespoon lemon zest, finely grated
2 tablespoons lemon juice
1 tablespoon lime zest, finely grated
2 tablespoons lime juice
46 ounces V-8® vegetable juice, no added salt

Serving Ideas:

To make healthy homemade croutons: Cube a hearty loaf of whole wheat bread. Arrange on a large jellyroll pan in a single layer. Spray non-aerosol olive oil lightly over bread cubes. Sprinkle with black pepper and garlic powder. Bake in a 250 degree oven for 30 minutes.

Kitchen2point0 recommends: Cooper's Small Batch Hot Sauces. Low sodium, three levels of heat, six varieties. www.CoopersSmallBatch.com

Preparation Time: 30 minutes

Mince garlic and parsley. Chop tomatoes, cucumbers and bell peppers. Dice onions and scallions.

Zest lemon and lime, being careful not to scrape off the white, bitter pith underneath the rind.

Juice lemon and lime. Add to mixture.

Add V-8 juice and mix well.

Scoop half the mixture (with juice) into a food processor. Blend on high 20 - 30 seconds, or until mixture has even consistency throughout.

Add pureed mixture back into chopped vegetables and stir well.

Pour into 12 ounce mason jars and refrigerate for up to 7 days.

Top with croutons, cubed avocado, or avocado crema.

Per Serving (excluding unknown items): 94 Calories; 1g Fat (5.0% calories from fat); 4g Protein; 21g Carbohydrate; 5g Dietary Fiber; 7mg Cholesterol; 49mg Sodium. Exchanges: 4 Vegetable; 0 Fruit.