

Garden Gazpacho

Garlic, cumin, and lemon juice give a zesty flavor to this cold, blended vegetable soup. Cilantro added at the end provides a refreshing pop of flavor.

Makes: 4 servings

Ingredients

- 2 medium cucumbers, diced
- 3 medium red bell peppers, diced
- 3 medium green bell peppers, diced
- 4 medium celery stalks, diced
- 2 medium tomatoes, diced
- 1 medium onion, diced
- 2 cups low-sodium tomato juice
- 3 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 cup fresh cilantro, chopped (plus more for garnish)
- salt and pepper?to taste
- 2 lemons, juiced



Directions

1. Combine all ingredients (cucumbers through cilantro) except salt, pepper, and lemons in a bowl.
2. Remove 2 cups of the mixture and set-aside.
3. Using a blender or food processor, puree the remaining mixture.

4. Add the 2 cups of reserved mixture to the pureed mixture.
5. Season with salt pepper (if desired), and add the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Serve cold, garnished with chopped cilantro.

Recipe from: Johnson and Wales University and Rhode Island Department of Health WIC Program, adapted by the USDA Food and Nutrition Administration.

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