



The Edible Garden

Recipe featured at *Cooking for the Season* demonstration, August 5

Gazpacho Soup

By: Vanessa Cabrera, Chef/Instructor, The Sylvia Center

Serves 4

Ingredients

2 cups tomato (pieces)
1 cup chopped red bell pepper (about 1 or 2 peppers)
½ cucumber
½ cup fresh basil
½ red onion, diced
1 cup water
1 teaspoon sea salt or to taste
1 teaspoon each, oregano and thyme
1/8 cup olive oil
1 tablespoon apple cider vinegar
1-2 teaspoons sweetener (use honey, raw sugar, etc)
2 tablespoons sundried tomatoes or breadcrumbs to thicken

Instructions

1. Blend all ingredients until smooth. You can strain the soup for a thinner consistency.
2. Taste and adjust the seasonings to taste.
3. Chill and serve.