

## **Gazpacho ala Tim**

**Serving Size: 1 tenth of recipe**

**Serves: 10**

### **Ingredients**

2 tablespoons olive oil

1 sweet onion, chopped

1 clove garlic, minced

3 large tomatoes (about 4 cups), chopped

1 green bell pepper, chopped

2 cucumbers, chopped and seeded

2 teaspoons fresh basil, finely chopped

4 tablespoons fresh parsley, finely chopped

Juice of 2 lemons

3 cups low sodium tomato juice

2 tablespoons red wine vinegar

1 teaspoon sugar

½ teaspoon salt

¾ teaspoon ground black pepper

### **Directions**

In a large sauce pan, sauté the onion and garlic in the oil until soft.

In a blender or food processor, combine the onion, garlic, tomatoes, bell pepper and cucumber. Pulse process to a chunky consistency. Return the processed vegetables to the sauce pan. Add the remaining ingredients and bring to a boil over medium heat to blend the flavors. Stir frequently. Once mixture has bubbles breaking on the surface but before a full boil, stir and remove from heat. Chill at least 2 hours before serving.

### **Exchanges per serving:**

2 Vegetables

### **Nutrients per serving:**

Calories: 74

Calories from fat: 27

Total Fat: 3g

Cholesterol: 0mg

Sodium: 175mg

Total Carbohydrate: 11g

Dietary Fiber: 2g

Protein: 2g