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