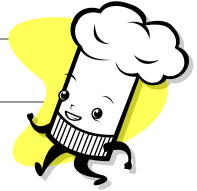


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# Gazpacho Soup (cold)

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*6/21/2011 Weight Watchers meeting*



## **Ingredients:**

- 1 Clove garlic
- 2 Lbs. tomatoes, chopped
- 1 Yellow pepper, seeded and chunked
- 4 Baby cucumbers, mostly peeled and chunked
- 2 Tablespoons red wine vinegar
- 2 Teaspoons olive oil
- 2 Teaspoons mild cayenne pepper sauce or hot pepper sauce
- 1 Cup V8 juice, low sodium
- Sprinkle Basil to garnish

## **Directions:**

Put garlic in food processor and mince.

Add half of the vegetables (tomatoes, cukes, pepper) with the vinegar, pepper sauce and oil. Purée.

Pour into large bowl.

Put the rest of the vegetables in food processor and pulse until coarse.

Add to bowl.

Add vegetable juice. Stir.

1 ¼ cup = 1 PPV

Serving suggestions:

- Add cooked shrimp or chicken
- Top with croutons
- Serve over chickpeas, drained