



Growing connections to fresh food.

Fresh Gazpacho

Inspired by TheKitchn.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 2 pounds fresh tomatoes or 2 (14.5 ounce) cans diced tomatoes
- *Optional:* 2 thick slices day-old bread or ½ cup almonds
- 1 medium cucumber, peeled and chopped
- 1 small onion, chopped
- 1-2 cloves garlic, minced
- Juice of 2 lemons or limes
- 1/4 cup olive or vegetable oil
- Salt and pepper to taste

Method:

1. In food processor or blender, blend tomatoes until smooth.
Optional step: Add bread or almonds and blend into thick slurry.
2. Add remaining ingredients and blend until smooth, setting aside some vegetables for garnish.
3. Cover and refrigerate until chilled. Garnish and serve.



www.hopelink.org/take-action/hopelink-harvest



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