

## Tomato and Cucumber Gazpacho



A vegetable and herb soup that is seasoned with olive oil and vinegar - traditionally served chilled.

Yield	1 gal. (16/8oz servings)
Serves	16
Preparation time	20 minutes
Cooling time	8 hours

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
66	oz	4-1/4 lbs		Tomatoes	seeded, diced
16	oz	2 cups		Tomato juice	or Vegetable juice
16	oz	2 cups		Water	cold
11	oz			Cucumbers	English, small diced
6	oz	1-1/2 cups		Green Bell Peppers	small diced
6	oz	1-1/2 cups		Celery	small diced
3	oz			Red onions	small diced
1	oz	2 tbsp		Olive oil	
1	oz	2 tbsp		Lemon juice, fresh	
1	oz	2 tbsp		Balsamic vinegar	
1	tbsp	3 tsp		Minor's® Gluten Free Chicken Base made with Natural Ingredients (6x1lb)	
1	tbsp	3 tsp		Parsley, fresh	chopped
1	oz			Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.	
2	tsp			Basil, dried	
1	tsp			Cumin, ground	
1	tsp			Worcestershire sauce	
1/2	tsp			Black pepper, ground	

### Preparation Steps

- In a large bowl, mix the tomatoes, tomato juice, water, cucumber, green pepper, celery, onions, oil, lemon juice, vinegar, Chicken Base and parsley. Season with basil, cumin, Worcestershire sauce and pepper. Cover bowl and refrigerate for up to 8 hours or overnight. Serve cold.

### Chef's tip

Garnish with Minor's® Cilantro, Roasted Garlic, Ancho, Chipotle, Herb Signature Flavors.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	58
Energy (Kj)	244.4
Protein (g)	1.8
Carbohydrate, total (g)	9
Fats, total (g)	2.3
Sugars, total (g)	5.8
Fats, saturated (g)	0.3
Fiber, total dietary (g)	2.2

Sodium (mg)	174.2
Cholesterol (mg)	0.4
Vitamin A (µg_RAE)	64.1
Vitamin C (mg)	30.9

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*