Real Spanish Gazpacho from Spain

Taken from food.com, submitted by “MumofJuan”

Prep Time: 10 mins
Total Time: 15 mins
Servings: 7 servings, 8 oz each

Ingredients

- 2 pounds of ripe juicy tomatoes (cut in 4-5 pieces each)
- 1-2 garlic cloves (peeled)
- 1/2 a white onion (peel and chop into 3-4 pieces)
- 1 green sweet peppers (or any color sweet pepper) chopped coarsely and seeded
- 1 cucumbers peeled, about 6-7 inches long
- 1/4 teaspoon ground cumin
- 3 tablespoons red wine vinegar
- Pinch of salt
- 1 cup virgin olive oil (suggest cutting down oil)
- 1 piece French bread (3-4 inches long piece)- this provides the starch

Directions

1. Rinse and chop all vegetables.
2. Place the piece of bread in a bowl with water in order to soak it. Once soaked, put all water away, squeeze the soaked bread with your bare hands as much as you can and set aside.
3. In a good blender or food processor put the tomatoes, the garlic, onion, pepper, cucumber, squeezed bread.
4. Add remaining ingredients and crush all up at the highest speed and power your machine can work without temperature. Go on until no minimum little piece of anything can be noticed when you try the gazpacho. It must be creamy and with some consistency, not watery like. Pour it in a jar or bowl and let it chill in your fridge. The chilliest the better. Do not freeze!
5. Serve in bowls as appetizer or as a healthy main course.

Notes

- Always taste the cucumber before adding it. If it is sour, your gazpacho will be ruined.
- Keeps well in fridge for a week, guess it won't last you a day, so good it is!
- You can change the types of vegetables and make it chunky or not.
- Omit the salt for over 200 mg savings of salt.

Nutrition Facts

Serving Size:1 serving (222.7g)
Servings:1

Amount Per Serving	
Calories 220	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 3g	**11%**
Sugars 5g	
Protein 3g	

Vitamin A 25% • Vitamin C 60%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g