

Gazpacho

Serves 6

- 2 1/2 lbs. of tomatoes
- 1 cucumber
- 1 avocado (save a few slices so you have 1 for each bowl)
- 1 jalapeno pepper, seeded
- 1 red bell pepper
- 1 small onion
- 1/2 cup cilantro finely chopped
- 2 cloves garlic minced
- 1/8 cup Balsamic vinegar
- 1/4 cup virgin olive oil
- 1/2 teaspoon pepper
- 1 teaspoon sea salt
- plain Greek yogurt (optional)

You can make your gazpacho as thin or as thick as you want or as smooth or chunky. You do this by blending or processing a small bunch of ingredients at a time. Using a strong blender like a [Vitamixer](#) or your food processor, finely (or coarsely) chop cucumber and the peppers and remove to a bowl. Put onion and tomatoes in blender or food processor and chop to the texture you want.

Coarsely cut the avocado and jalapeno and add with the finely chopped cilantro. Blend as thin or as thick as you want it. You can always add a little water to thin it out. Now put all your ingredients in a large bowl and add the olive oil and seasonings and more water if you want.

Put it all in a large container with a lid and refrigerate for at least an hour. Now you're ready for your gazpacho lunch or first course.

If your soup is the main attraction put the plain yogurt in a separate serving bowl. Garnish the soup bowls with a slice of avocado and serve.

