

GAZPACHO

3 cups V-8.....preferably the spicy variety
3 fresh tomatoes (medium – large)
1 large cucumber
1 medium yellow onion
1 large green pepper
1/3 cup cider vinegar
½ tsp minced garlic
¼ tsp fresh chopped cilantro
2 small jalapeno pepper (without the seeds)
1 tsp fresh parsley
1/8 tsp black pepper
1/8 tsp sea (or Kosher) salt
1/8 tsp cayenne pepper

Instructions:

The tomatoes, cucumber, onion and green pepper should each be ¼ diced and ¾ blended.

For the blending, use the V-8 doing a ½ blender full at a time.

In the final batch, add the other ingredients.

Use a large container to add the diced vegetables, the blended vegetables and other ingredients. Stir well!! Refrigerate for two hours (or more).

Can be served with chips of ice on top.

Dick Manelis (Framingham)