

# *Idiot's Kitchen Recipe – Gazpacho*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



## Ingredients:

6-8 tomatoes, diced (about 6 cups)  
1 cucumber, peeled, seeded, and chopped  
1 green bell pepper, seeded and chopped  
½ onion, finely chopped  
½ cup fresh flat leaf parsley, finely chopped  
1 jalapeno pepper, seeds and inner membranes removed, finely chopped  
2-3 cloves garlic, squeezed through a garlic press or minced  
2 cups tomato juice  
¼ cup extra virgin olive oil  
¼ cup red wine vinegar  
2 Tablespoons Worcestershire Sauce  
1 Tablespoon paprika  
1 Tablespoon sugar  
1 teaspoon dried oregano  
Salt & Pepper

Dice 6-8 tomatoes (either red or a combination of heirloom varieties) into very small pieces. Place them in a large bowl trying to scoop them off the cutting board with your hands to strain out some of the seeds.

Peel and seed a cucumber and cut it into small dice about the same size as the tomato. The trick is to cut all of the vegetables approximately the same size. Seed and chop a green bell pepper and add it to the bowl. Add ½ onion, finely chopped and ½ cup finely chopped fresh parsley. For a little heat, add 1 finely chopped jalapeno that has had the seeds and inner white membranes removed. Squeeze 2-3 cloves of garlic through a garlic press and add them to the bowl.

Pour in 2 cups of tomato juice, ¼ cup olive oil, ¼ cup red wine vinegar, and 2 Tablespoons Worcestershire Sauce. Season with 1 Tablespoon paprika, 1 Tablespoon sugar, 1 teaspoon oregano, and salt & pepper to taste.

Stir to combine, cover, and refrigerate for 2-3 hours to chill and to allow the flavors to blend. Double check the seasoning after the soup has chilled and adjust to your taste.

Serve plain, with croutons, chopped avocado, a dollop of sour cream, or chopped hard-boiled egg.

Makes 8 servings and keeps for at least a week in the fridge.