

Gazpacho Soup

Makes: 6 servings

Ingredients

- 1 tomato (large)
- 1 cucumber
- 2 green pepper
- 1/4 **teaspoon** garlic powder
- 1 1/2 **cups** tomato sauce
- 1 1/2 **cups** water
- 3 **tablespoons** red vinegar
- 2 **tablespoons** vegetable oil
- 1/4 **teaspoon** black pepper

Directions

1. Chop the tomato, cucumber, peppers, and onion into very small pieces.
2. Put all the ingredients in a large glass or plastic bowl.
3. Stir well with a wooden or plastic spoon.
4. Chill in the fridge for 1-2 hours before serving.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	80	
Total Fat	5 g	8%
Protein	2 g	
Carbohydrates	8 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	330 mg	14%