

## Vibrant Chilled Pureed Gazpacho

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*Vegan and Gluten-Free*

Serves 6

#### Ingredients -

- 4-5 med-large ripe tomatoes, quartered (~4 cups chopped)
- 1 medium cucumber, quartered (~1-½ cups chopped)
- 1 small onion, peeled, quartered (~½ cup chopped)
- ½ medium bell pepper, seeded
- 3 packed tbsp fresh Italian parsley, chopped
- ½ of a small clove garlic, minced
- 2 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- ½ cup crushed ice
- 2 tbsp fresh squeezed lemon juice
- ¼ - ½ tsp of real salt
- ¼ - ½ tsp of fresh ground pepper (*to taste*)



#### Directions –

Place all ingredients into the Vitamix® container in the order listed - - try to make sure all pieces are not much bigger than 1" x 1" x 1" cubes and secure the lid (it all should pretty much just barely fit). Slowly crank up the power. Once it is liquefied, go for max speed switch for about 30 seconds,

Best to serve chilled ... place in the refrigerator for ~30 minutes to an hour and then serve.