

## SPICY GAZPACHO

From the AICR Test Kitchen

[http://preventcancer.aicr.org/site/PageServer?pagename=reduce\\_diet\\_recipes\\_test\\_kitchen](http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen)

### **Ingredients**

- 2 lbs. ripe tomatoes, seeded and diced, with their juice
- 2 large cloves garlic
- 1 slice stale white bread, crust removed\*
- ½ cup reduced sodium tomato juice
- 2 Tbsp. tomato paste
- 4 tsp. white horseradish
- 2 tsp. white distilled vinegar
- 1 tsp. extra-virgin olive oil
- Pinch cayenne pepper
- Salt and ground black pepper, to taste
- ¼ cup finely diced peeled cucumber
- ¼ cup finely diced green bell pepper
- ¼ cup finely diced red onion
- 4 Tbsp. whole-wheat croutons

### **Instructions**

1. In blender, whirl tomatoes and garlic to a coarse puree.
2. Tear bread into 1 inch pieces and add to tomatoes.
3. Add tomato juice, tomato paste, horseradish, vinegar, oil, and cayenne pepper.
4. Whirl until soup is a finely pulpy puree.
5. Season to taste with salt and pepper.
6. Transfer soup to a container, cover, and chill 3-4 hours to overnight. It will keep up to two days.
7. Divide chilled soup among four soup bowls. To each bowl, add 1 tablespoon diced cucumber, pepper and onion. Top with 1 tablespoon croutons and serve immediately.

\*If bread is not stale, set it on rack in a 225 degree oven until dry and hard, about 20 minutes.

Makes 4 servings.

### **Nutritional information per serving (4 servings)**

- Calories: 120
- Total fat: 3.5g
- Saturated fat: 0g
- Total carbohydrate: 18g
- Protein: 4g
- Dietary fiber: 4g
- Sodium: 250mg

