

Moroccan Red Gazpacho

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Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 2 hours 21 minutes

Ras el hanout, a spice blend, is available in Middle Eastern stores. Use garam masala in a pinch. Garnish with chopped tomato, red bell pepper, cucumber, onion, hard-cooked egg, or a mix. Serve with pita bread.

1 (6 1/2 inch) pita, torn into pieces

1/2 cup boiling water

4 tablespoons extra-virgin olive oil, divided

2 tablespoons sherry vinegar

4 large (one pound) ripe plum tomatoes, coarsely chopped

1 large red bell pepper, seeded and coarsely chopped

1 large (8 ounces) cucumber, peeled, seeded and coarsely chopped

1/4 small yellow onion, chopped

2 cups no-salt-added tomato puree'

1 cup cold water

2 teaspoons ras el hanout

3/4 teaspoon salt

1/2 teaspoon ground cumin

1/4 teaspoon ground cinnamon

2 tablespoons fresh cilantro, chopped

Place the pita in a bowl. Cover with the boiling water. Let stand for 1 minute. Drain. Reserve the pita.

Combine the moistened pita, one tablespoon of the oil, vinegar, tomatoes, bell pepper, cucumber and onion in a food processor. Pulse until almost smooth.

Scrape into a bowl. Stir in the tomato puree', water, ras el hanout, salt, cumin and cinnamon. Cover and chill for 2 hours.

Ladle about one cup of soup into each of eight bowls. Top each with about one teaspoon of oil and 3/4 teaspoon of cilantro.

Per Serving (excluding unknown items): 92 Calories; 7g Fat (66.3% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 243mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.