

Smoky Gazpacho Chilled Soup

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Yield: 8 cups

1/2 red onion, chopped
3 cups tomato juice
1 large red bell pepper, chopped
1 cup roasted red peppers, chopped
4 sprigs parsley
1 clove garlic
1/4 teaspoon smoked paprika
1 1/2 tablespoons white wine vinegar
3 plum tomatoes
large pinch Kosher salt
chopped smoked almonds (for garnish)
diced Spanish (dried) chorizo (for garnish)

Soak the chopped red onion in cold water for 5 minutes. Drain.

In a blender, combine the onion, tomato juice, bell pepper, roasted red pepper, parsley, garlic, paprika, vinegar and tomatoes. Add a large pinch of Kosher salt.

Puree' until very smooth, 1 to 2 minutes.

Refrigerate until chilled, at least one hour.

Ladle into bowls. Top with almonds and chorizo for garnish.

This soup can be made two days ahead and stored in the refrigerator.

Per Serving (excluding unknown items): 347 Calories; 3g Fat (7.5% calories from fat); 17g Protein; 78g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 2801mg Sodium. Exchanges: 13 1/2 Vegetable; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	347
% Calories from Fat:	7.5%
% Calories from Carbohydrates:	75.8%
% Calories from Protein:	16.7%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	78g

Vitamin B6 (mg):	1.8mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	602mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Dietary Fiber (g): 25g
 Protein (g): 17g
 Sodium (mg): 2801mg
 Potassium (mg): 3901mg
 Calcium (mg): 449mg
 Iron (mg): 21mg
 Zinc (mg): 4mg
 Vitamin C (mg): 911mg
 Vitamin A (i.u.): 30192IU
 Vitamin A (r.e.): 3021 1/2RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 13 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 347 Calories from Fat: 26

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	2801mg	117%
Total Carbohydrates	78g	26%
Dietary Fiber	25g	100%
Protein	17g	

Vitamin A	604%
Vitamin C	1518%
Calcium	45%
Iron	118%

* Percent Daily Values are based on a 2000 calorie diet.