

Summertime Gazpacho (Cold)

Joanne Sawyer - Jacksonville, FL
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Yield: 3 quarts

1 large tomato, finely chopped
1 cup green pepper, finely chopped
1 cup celery, finely chopped
1 cup spring onions, finely chopped
1 cup cucumber, finely chopped
1 tablespoon Worcestershire sauce
2 tablespoons lemon juice
3 tablespoons red wine vinegar
3 cups V-8 juice
2 cans (11 ounce ea) tomato bisque soup
1 1/2 tablespoons garlic salt
2 teaspoons black pepper
1 1/2 tablespoons salt
2 tablespoons sugar

Preparation Time: 20 minutes

Place the tomato, green pepper, celery, spring onions and cucumber into a three-quart bowl.

Add the Worcestershire sauce, lemon juice, vinegar, V-8 juice, tomato Bisque, garlic salt, black pepper, salt and sugar. Stir well.

Lightly cover the container. Refrigerate overnight for the best flavor blend. (The soup may be served after four to six hours. It will last for several days in the refrigerator.)

(You may top each serving with seasoned croutons or a scoop of sour cream topped with a slice of avocado.)

Per Serving (excluding unknown items): 281 Calories; 1g Fat (3.5% calories from fat); 7g Protein; 70g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 19103mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates.