

Citrus Gazpacho

Author: A Carolyn T original recipe



46 ounces V-8® vegetable juice
1/2 cup grapefruit sections, from fresh fruit
1/2 cup orange sections, from fresh fruit
1/2 whole cucumber, hothouse, minced
1/2 whole red onions, minced
1/2 whole red bell pepper, minced
1/2 cup yellow bell pepper, minced
4 whole tomatoes, chopped
3 tablespoons extra virgin olive oil
6 ounces apple juice, frozen concentrate, defrosted

GARNISH:

1/2 Whole green bell pepper, minced
4 whole scallions, minced
1 whole serrano pepper, minced
1 whole poblano chile, minced
3 dashes white pepper
salt to taste (or not at all)
1/2 cup fresh cilantro, chopped

Categories: Soups

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 152 Calories; 6g Fat (31.0% calories from fat); 3g Protein; 26g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 609mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1/2 Fruit; 1 Fat.

Carolyn T's
Cookbook

Servings: 8

Notes: This is a Carolyn T original. But it is based on what was tasted at Cafe Pasqual's, in Santa Fe, New Mexico about 1990. It's very similar to traditional, Spanish gazpacho, but with citrus overtones. It's a tad on the sweet side with the apple juice concentrate in it.

Preparation Time: 30 minutes

Start to Finish Time: 4 hours

1. Using a food processor, chop up all the vegetables: cucumber, onions, peppers and tomatoes. If you wish to offer the garnishes in separate bowls, process each of the garnish vegetables separately and refrigerate until ready to serve. In a very large plastic container combine the V-8 juice, the fresh fruit sections, cut into small pieces, the food processed vegetables, tomatoes, olive oil. Then add the apple juice concentrate slowly. Do not add it all, but taste the soup for sweetness. Depending on the sweetness of the fruit, you may not want to add all of the juice concentrate. Allow to chill for several hours or overnight.
2. Scoop out servings into bowls and pass the condiments for people to add as they choose. The soup base will keep for about a week.