



Watermelon Gazpacho

Gazpacho is a cold soup or drink made of raw, blended vegetables and herbs that originated in the southern regions of the Iberian Peninsula. Due to its thirst quenching and cooling properties it's a summertime favorite throughout Spain and Portugal.

*In this fruity version, 🍉 watermelon makes a delightful surprise! To get the most nutrition, use fresh and raw herbs, watermelon, and vegetables. You'll find this cold soup is light, refreshing, alkalizing, and hydrating. It's packed with nutrition and a taste that's sure to please the whole family 🍉. The consistency of my gazpacho was a pulpy liquid that was easily drinkable, though it's not uncommon to use a spoon. **Makes about 2 quarts.***

A NOTE ABOUT HEAT (i.e. Jalapeno): *The amount of heat to add is an individual preference. I made my gazpacho without the jalapeno and found that the garlic provided enough heat for me. My hubs likes heat and added some hot sauce to his glass and stirred. By all means do what you like.*

GARNISH NOTE: *This soup is traditionally served cold with a spoonful or two of the chopped vegetables and herbs on top. If adding the garnish is something that you would like to do, it's easier if you mince some extra herbs and veggies while you are prepping for the gazpacho. See below for quantities.*

Gazpacho Ingredients:

- ◆ **5 1/2 cups Watermelon**, rind removed and cubed, and any juice saved
- ◆ **1 Red, Yellow, or Orange Bell Pepper**, stem and seeds removed and diced
- ◆ **3 Roma Tomatoes**, cored and diced
In a pinch you can use one 14.5 oz. can diced tomatoes and liquid. I used this because I couldn't find really nice ripe tomatoes the day I shopped.
- ◆ **1 med Cucumber**, peeled with seeds removed, diced
- ◆ **1 Green Onion**, (white bulb & green tops) sliced
- ◆ **2 med Garlic cloves**, peeled and cut up
- ◆ **1/4 cup Fresh Basil & Mint Leaves**, cut up & firmly packed
- ◆ **3 tbsp Apple Cider Vinegar**
- ◆ **1/2 tsp Cumin**, ground
- ◆ **1 tsp Kosher or Sea Salt**
- ◆ **1/2 tsp Black Pepper**, freshly ground
- ◆ **1/4-1/2 Jalapeno Pepper**, seeds removed & sliced (*amount depends on your heat preference*)
- ◆ **5-10 Multi-colored Cherry Tomatoes** (*these are ONLY used in the garnish*)

Garnish: *Finely mince, measure, and mix the following:* 1 tbsp Bell Pepper | 1 tbsp Cucumber | 1 thin Green Onion | 2 tbsp Multi-colored Cherry Tomatoes | 1 tbsp Fresh Basil & Mint Leaves | 1/4 tsp Sea Salt | 1 med Garlic clove

Watermelon Gazpacho Directions:

1. How to blend the ingredients depends on the capacity of your blender/pitcher. If you have an extra-large size, then add all the ingredients and juices at once and liquify.

My Osterizer pitcher is a little smaller than the newer ones, so I needed to blend in two steps as follows:

- 1. Place half the watermelon into the blender pitcher and liquify. Then pour it into a 4-cup glass measure or a pitcher.*
 - 2. Place all the other ingredients (with the exception of the Cherry Tomatoes) and any liquid into the blender and liquify. If there is enough room in your blender container, add the liquified watermelon to the blender and liquify again. If not, pour the blender contents into the pitcher and stir well.*
2. Taste and adjust seasoning and heat to your liking.
 3. To thin the soup's consistency to your desired preference, add a little juice (tomato, watermelon, pineapple, or orange).

Serve chilled and add a teaspoon of garnish if desired.

