
Gazpacho III

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 8

1 medium onion, quartered
1 medium cucumber, peeled and cored
1 medium bell pepper, seeds removed
1 quart Italian-style tomatoes, drained
1 quart tomato juice
1 can (10-1/2 ounce) beef consomme'
4 tablespoons olive oil
1/4 cup lemon juice
dash Tabasco sauce
salt
pepper
lemon slices (for garnish)
chopped parsley (for garnish)

In a blender, blend the onion, cucumber, pepper and tomatoes. Place the mixture in a large bowl. Add the tomato juice, consomme', oil, lemon juice, Tabasco, salt and pepper. Stir well. Let sit at room temperature for about three hours to blend the flavors well.

Chill for six to twelve hours to meld the flavors.

Garnish with lemon slices and chopped fresh parsley at serving time.

Soups, Chili, Stew

Per Serving (excluding unknown items): 131 Calories; 7g Fat (45.7% calories from fat); 2g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 712mg Sodium. Exchanges: 3 Vegetable; 0 Fruit; 1 1/2 Fat.