

RECIPE OF THE WEEK: PALEO EDITION

David J Gazpacho

Ingredients:

½ cup of really good olive oil (extra virgin is usually best)
4 tbsp of lemon juice (preferably from a fresh lemon)
6 cups of tomato juice (I use low sodium V-8)
2 beef bullion cubes dissolved in 2 cups of boiling water (you can omit this if you want a strict vegetarian gazpacho)
1 red (Spanish) onion, finely chopped (you can also use a white onion if you prefer)
4 ripe tomatoes, peeled and coarsely chopped (I love Roma/plum tomatoes)
2 cups of minced celery
Tabasco to taste (I use about ¼ of a bottle of Chipotle Tabasco, but you can use as little as ¼ tsp.)
2 tsp. salt
½ tsp pepper
2 green bell peppers, seeded, de-ribbed and finely chopped
2 cucumbers, peeled, seeded and finely chopped
2 cloves garlic, chopped

1 fresh green chili, finely chopped (for a spicier gazpacho)
¼ cup red wine vinegar - helps to keep the bright color of the Gazpacho
1 ½ cups fresh sourdough or course country bread crumbs - NOTE: NOT PALEO
Croutons - NOTE: NOT PALEO
Sour cream - NOTE: NOT PALEO

Instructions:

Beat together the oil and lemon juice. (If you like a heartier gazpacho, blend the bread crumbs in a food processor until they form a smooth paste, stopping 2 or 3 times to scrape down the bowl.)
Stir in tomato juice/V-8, broth, onions, tomatoes, celery, Tabasco and salt & pepper.
Chill for at least 3 hours (or, preferably, overnight).
Add green peppers and cucumbers when serving.
Add croutons and/or sour cream as garnish if desired

Compliments of AST Client *David J*

