



**Makes 5½ cups**  
**Preparation Time: 20 minutes**  
**Cook Time: 20 minutes**

**INGREDIENTS:**

1 lb. fresh strawberries, hulled

1 medium cucumber, peeled and cut into chunks (1½ cups)

1 medium tomato, cut into chunks (1 cup)

1 medium red bell pepper, cut into chunks (1 cup)

½ of an onion, chopped (¾ cup)

2 cloves garlic

1 tablespoon lemon juice

1 tablespoon white balsamic vinegar

¼ to ½ cup low-sodium vegetable broth

Sea salt, to taste

Freshly ground black pepper, to taste

Optional garnishes: sliced fresh strawberries, cucumber slices, and fresh herbs

# Strawberry Gazpacho

Strawberries add a fresh, fruity twist to this classic chilled soup. If you wish, choose your favorite herb to sprinkle on as a garnish and to boost the flavor. We recommend chives, basil, or thyme leaves, but many fresh herbs will complement this Strawberry Gazpacho.

By Nancy Macklin, RDN

- 1** In a food processor or blender combine the first six ingredients (through garlic). Cover and process 3 to 4 minutes or until very smooth. Add lemon juice, vinegar, and enough broth to achieve the desired consistency. Season with salt and black pepper.
- 2** If desired, garnish servings with sliced strawberries, cucumber slices, and/or fresh herbs.