



From the Kitchen of: Bernice Borow LLC

Gazpacho

Serves 2

1 cup tomato juice or v-8

½ cup peeled, seeded, finely chopped tomatoes

3 ¼ Tbsp each finely chopped celery, cucumber, green bell pepper, scallion

1 ¼ Tbsp white wine vinegar

¾ Tbsp olive oil

1-3 large cloves garlic minced

¾ tsp finely chopped fresh flat leaf parsley

¼ tsp salt

¼ tsp Worcestershire sauce

¼ tsp pepper

Combine all in blender or food processor. Cover and refrigerate overnight.

Calories per serving 117

Total fat 7 g(1g sat, 6 g monosat)

Cholesterol 0

Carbohydrate 13 g

Protein 2 g

Fiber 4 g

Sodium 690 mg





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Gazpacho

8 1cup servings

4 cups tomato or v-8 juice

2 cups chopped tomatoes

1 cucumber peeled and chopped

1 each red and green pepper chopped

½ cup red onion chopped

2 Tbsp balsamic vinegar

2 Tbsp olive oil

2 garlic cloves minced

½ tsp salt

½ tsp pepper

¼ cup basil leaves chopped



Combine all **except** basil. Cover and refrigerate 30 minutes. Top with Basil and serve cold