

From Lisa's Kitchen: Gazpacho

If you're like me, your appetite withers in the summer heat. This light soup refreshes on a hot day, is simple to prepare and is loaded with vitamins and antioxidants. If you can, prepare it an hour or so ahead of time to let the flavors come together. I like to make it a complete meal with some crusty bread and goat cheese.

Gazpacho

Serves 6 - 8 as a starter

- 6 large ripe tomatoes (any variety as long as they're ripe), cut into small cubes with all of the juices
- 1 medium red onion, cut into small cubes
- ¼ English seedless cucumber, peeled and cut into small cubes
- 3 large bell peppers (try red, orange and yellow), seeded and cut into small cubes
- ½ chopped fresh flat-leaf parsley
- 3 tablespoons red wine vinegar
- 1 cup (or more) low-sodium tomato juice

Combine first 6 ingredients (tomatoes through vinegar) in a large bowl, tossing to combine.

Add enough tomato juice to bring it to your desired consistency.

For a smoother soup, combine all ingredients in a blender and puree.

Serve cold.