SPANISH · LUNCH · SIDE

Gazpacho Andaluz (Chilled Spanish Tomato Soup)

135 min · Serves 4 · 211 kcal a serve · Video 6:15 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

A raw blend of about 225 g of tomato plus pepper and cucumber a serve, so it is high in vitamin C and a source of vitamin A and potassium, with olive oil as the only fat and no added sugar.

Diet notes: Keto (10 g net carbs a serve); Low saturated fat (2.3 g, 9.8% of the energy); DASH-friendly (310 mg sodium a serve).

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Ingredients 11 · SERVES 4

- [ ] 10 **ripe Roma tomatoes** (910 g, just under 1 kg)
- [ ] 1 small **green bell pepper**
- [ ] 1 small **cucumber**, peeled
- [ ] 1 large **garlic** clove
- [ ] 1 generous tsp **sherry vinegar**
- [ ] 60 ml extra **virgin olive oil**
- [ ] 180 ml **cold water**
- [ ] a generous pinch of **sea salt** (about ½ tsp)
- [ ] about 35 g finely diced **green bell pepper**, to serve
- [ ] about 40 g finely diced **onion**, to serve
- [ ] a drizzle of extra **virgin olive oil**, to serve (about 1 tbsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse and pat dry the tomatoes, pepper and cucumber. Cut each tomato into 8 pieces, removing the stem, and put them in a blender. 0:39
2. Cut the green pepper into large chunks, peel the cucumber and cut it into 2.5 cm pieces, and quarter the garlic clove; add them all to the blender and press everything down with a wooden spoon. 1:46
3. Add the sherry vinegar, olive oil, cold water and salt, then blend on low speed for about 5 minutes until smooth but still a little rustic (strain it if you like it silky). 2:59
4. Pour into a jug, cover and chill for 2–3 hours. 3:55
5. Stir well, ladle into bowls and top with diced green pepper, diced onion and a drizzle of olive oil. 4:12

> **Tip** Use the ripest tomatoes you can find. Red wine vinegar can replace sherry vinegar. Keeps 2–3 days in the fridge; stir before serving.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
211 kcal	**2.9 g**	**14 g**	**3.8 g**	**17 g**	**310 mg**
880 kJ	6% of a day	10 g net · 8.1 g sugars	14% of a day	2.3 g saturated	13% of a day
		5% of a day		22% of a day	

Energy from net carbs 20% · protein 6% · fat 74% — fits keto: 10 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin C 72% · Vitamin K 33% · Vitamin E 25%

Source of (10–19%) Vitamin B6 19% · Potassium 15% · Vitamin A 12% · Folate 11%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=p189MYNRDSw, published 29 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/gazpacho-andaluz