

Chunky Cucumber Gazpacho

Amy Symington

Preparation Time: 20 minutes
for 6 servings and 30 minutes for
24 servings

Ingredients

6 servings

1 avocado (200 g), diced small
1 (475 g) large cucumbers, diced small
1 (215 g) green pepper, seeded and diced small
1 (185 g) red pepper, seeded and small dice
1 (12 g) green chili pepper, seeded and minced
1 bunch (110 g) green onions, minced
½ bunch (20 g) basil, stems removed and chiffonade
½ head (25 g) garlic, pureed
4 tsp (20 ml) lime zest
1/3 cup (80 ml) fresh lime juice, approximately 2 limes
2 ½ cups (625 ml) low sodium vegetable stock
1¼ cups (310 ml) tomato juice
¾ cup canned artichoke hearts, drained and rinsed, diced small
½ cup (125 ml) white wine vinegar
½ tsp (2.5 g) sea salt

Garnish

¼ bunch (10 g) basil, chiffonade

24 servings

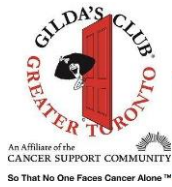
4 avocados (800 g), diced small
5 (1.9 kg) large cucumbers, diced small
5 (655 grams) green peppers, seeded and diced small
5 (800 g) red peppers, seeded and small dice
5 (15 g) green chili peppers, seeded and minced
5 bunches (595 g) green onions, minced
2 bunches (80 g) basil, stems removed and chiffonade
2 heads (95 g) garlic, pureed
1/3 cup (80 ml) fresh lime zest
1¾ cups (435 ml) lime juice, approximately 10 limes
10 (2.5 L) low sodium vegetable stock
5 cups (1.25 L) tomato juice
2 x 398 ml cans artichoke hearts, drained and rinsed, diced small
2 cups (500 ml) white wine vinegar
2 tsp (10 g) sea salt

Garnish

1 bunch (40 g) basil, chiffonade

Directions

1. In a large stock pot combine all ingredients. Taste and adjust seasoning if necessary.
2. Chill in refrigerator for 1 to 2 hours before service. Garnish with basil.



Chef School

Tips:

- 1) To reduce your carbon footprint try using locally grown cucumbers in the summer months or greenhouse grown the remainder of the year!

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 1/2 cups (375 mL) par 1 1/2 tasses (375 mL)	
Calories 120	% Daily Value*
Fat / Lipides 5 g	% valeur quotidienne*
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.1 g	
Carbohydrate / Glucides 18 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 340 mg	15 %
Potassium 500 mg	11 %
Calcium 75 mg	6 %
Iron / Fer 2 mg	11 %
Vitamin A / Vitamine A 100 mcg	11 %
Vitamin C / Vitamine C 115 mg	128 %
Vitamin E / Vitamine E 1.5 mg	10 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: Nothing beats an ice cold gazpacho on a sweltering hot summer day! Pour it in a mason jar and throw it into a cooler for an instant meal when travelling, on the beach or at the next family picnic.

Symbols: good for summer, high source of fibre, good for bowel motility, gluten free, nut free, soy free, kid friendly

Functional foods present: red fruits (tomatoes), cucumbers, artichokes, allium vegetables (garlic), artichokes, leafy greens (basil), red vegetables (bell peppers), citrus fruit (lime), healthy fats (avocado)

Examples of phytonutrients and anti-oxidants present: carotenoids (tomatoes, leafy greens, red vegetables), flavonoids (artichokes), allicin (garlic), vitamin C (citrus fruit), vitamin E (avocado)