

Yellow Bell Pepper Gazpacho



Hands-on time	15 min
Total time	1 hr 15 min
Meal	dinner.
Category	main dish
Frequency	monthly
Season	winter. summer. spring. fall.
Budget	\$



Living Plate

Recipe from Living Plate

16 people ♥ this recipe

Servings ↓ 6 ↑

Ingredients

- 4 yellow bell peppers (1 3/4 lb.)
- 2 yellow tomatoes (1 1/2 lb.)
- 1 English cucumbers (~1 1/2 cups), peeled
- 2 cloves garlic
- 2 Tbsp. sherry vinegar
- 3/4 tsp. salt
- 5 Tbsp. olive oil
- 1 1/2 Tbsp. fresh lemon juice
- 2 Tbsp. scallions (green parts only)

Directions

Prep:

1. Dice bell peppers to equal 1/4 cup, set aside for later use.
2. Chop remaining bell peppers.
3. Dice tomatoes to equal 1/4 cup, set aside for later use.
4. Chop remaining tomatoes.
5. Chop cucumber and garlic.
6. Thinly slice scallions.

Make:

1. Place bell peppers and tomatoes in a blender. Blend.
2. Add cucumber, garlic, vinegar, salt, 3 Tbsp. olive oil, and 1 Tbsp. lemon juice to blender.
3. Process on high until very smooth (1 to 2 minutes).
4. Chill 1 hour.
5. Stir together remaining 1/4 cup bell peppers and 1/4 tomatoes in a small bowl.
6. Add onion slices and remaining 1 1/2 teaspoons lemon juice. Toss.
7. Ladle chilled soup evenly into each bowl.
8. Top each bowl with pepper-tomato mixture, and drizzle evenly with remaining 2 tablespoons olive oil.

Notes

Recipe adapted from Cooking Light.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (1g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	