



Red & Green Gazpacho

with Lime Crema and Avocado

Makes 6 servings ~ \$16.75 (\$2.79 per serving)

Chop all ingredients in a **ROUGH CHOP** since they are going to be pureed. * Bonus chunky pasta sauce recipe below. *

Ingredients

6 Roma tomatoes – "gutted" and diced	1 large clove garlic– minced
1/2 red bell pepper – seeded	1 can fire-roasted diced tomatoes
1/4 red onion	1 cup shredded carrots (2 large peeled)
12 large basil leaves – chiffonade cut	

Directions

1. Combine the above and reserve HALF for a simple pasta recipe for the following night. (See below) *
2. Incorporate the other half with:

3 cups tomato juice or V-8	1 tsp. red chile flakes
1/3 cup good olive oil	Kosher salt and freshly ground black pepper to taste
1/4 cup sherry vinegar	

3. Blend this all in a blender – in batches if necessary – depending upon your quantity.
4. Chill and proceed with the GREEN preparation.

Green Gazpacho:

1/2 large green bell pepper – seeded	2 tomatillos – peeled, then roasted on a burner or in the oven
3 scallions – all parts	1 large cucumber – peeled, and "gutted"
1 clove garlic	1/2 jalapeno – seeded
1/4 cup sherry vinegar	1/3 cup good olive oil
2 cups vegetable broth	1 small bunch cilantro
	Kosher salt and freshly ground black pepper to taste

5. Blend the above in a rinsed-out blender – in batches if necessary – depending upon your quantity.
6. Chill and prepare your garnishes:

Diced ripe avocado

Lime crema – made with fresh lime juice, garlic powder, and creme fraiche or sour cream

7. To serve: Ladle the two well-chilled soups into serving bowls, side-by-side. Decorate with the lime crema – either from a squeeze-bottle or a few dabs with a small spoon. Add a few chunks of avocado. Swirl red and green together if desired.

* Pasta with Chunky Tomato Sauce:

Use the reserved red, chunky gazpacho from above. Bring to room temperature, toss into your choice of one pound of hot pasta – adding a bit more olive oil, garlic and basil if desired. You can also add a few olives or artichokes or chick peas, or...? Top with Parmigiano Reggiano – or better yet – one of the FIRM grate-able goat cheeses from our local dairies!

Recipes courtesy John Connell

More tips & recipes at www.localorganicmeals.com