

## Gazpacho

A favorite in Spain, this easy dish is a cold soup that's more like a liquid salad. It's low in calories and, unlike many other Lo Cal dishes, actually tastes great!

4 large ripe tomatoes  
(or one 28 ounce can of chopped tomatoes)  
1 medium green pepper  
1 medium cucumber  
1 medium onion  
1 tsp. chicken boullion  
1 cup hot water  
2 Tbsp. vinegar  
3 Tbsp. oil  
1/2 tsp. seasoned salt  
1/2 tsp. garlic  
1 or 2 12 ounce cans of V8 juice

Peel tomatoes (using scalding technique) Cut crosswise and squeeze out seeds (can give a bitter taste); chop the tomatoes. (Or canned tomatoes can be used instead). Remove seeds and membranes from green pepper and dice. Peel the cucumber; slice lengthwise, scoop out seeds with spoon and chop. Peel and chop onion. Combine boullion and hot water to create broth. Pour all ingredients into 1/2-gallon container and blend well. Chill. Serve icy cold in mugs or small bowls.