

Watermelon Gazpacho

Prepared by Linda Brunini

Recipe By: Vegetarian Time Mag.

Serving Size: 4

Summary:

I didn't have the time to let this sit for 24 hours. I made it 1 hr before, long enough to chill it, and served it. I left out the serrano chiles as my guests don't do heat. It was AMAZING just as it was. A completely raw vegan dish and everyone loved. Super refreshing, great summer dish.

Ingredients:

- 4 cups de-seeded watermelon, roughly chopped
- 6 cups de-seeded watermelon, diced
- 2 cups tomatoes, seeded & diced
- 1 cup English cucumber, peeled, if you like, diced (if using reg. cucumber: peel & de-seed)
- 1/2 cup red bell (capsicum) peppers
- 3 tbsp fresh basil, finely chopped
- 3 tbsp lime juice
- 3 tbsp fresh mint, finely chopped
- 2 tbsp red onion, diced
- 1-2 tsp ginger, minced
- 1 tsp lime zest, grated
- 1/2 tsp green serrano chile, OPTIONAL
- Lime wedges, for garnish

Directions:

1. Puree 4 cups chopped watermelon in blender for 30-60 second, or until liquified. Pour into serving bowl. Stir in 6 cups diced watermelon and all remaining ingredients except for lime wedges. Season with salt & pepper, if desired.

2. Cover and chill soup at least 3 hours, but preferably 12-24 hours to allow flavors to fuse and vibrant red color to develop.

Adjust seasonings before serving. (If it is too spicy, add more lime juice). Garnish with lime wedges.

Notes:

1 Cup Serving: 74 Cal., 2 g protein, less than 1 g total fat, 18 g carb, 0 mg cholesterol, 6 mg sodium, 2 g fiber, 14 g natural sugars.