

Recipe: Cold gazpacho soup



Gazpacho, a summertime favorite, comes together as easily as tossing veggies into a blender.

Too hot to cook?

Back to Elizabeth Yarnell's delicious, low-effort [cooking advice for mealtime satisfaction and healthy nutrition](#)—without heating up your house or your body.

Ingredients

- 6-8 Roma tomatoes, cored
- 1-2 garlic cloves, peeled
- 2 handfuls spinach leaves
- 1 small unpeeled cucumber, with ends trimmed off
- 1 yellow bell pepper, cored and seeded
- ¼ sweet yellow onion, peeled
- ½ teaspoon chili sauce or salsa
- Sea salt and freshly cracked black pepper, to taste

Clean and chop all produce into large pieces and place into a blender. Pulse to get things started, then add seasonings and puree until the texture reaches the consistency you want. Gazpachos often taste better after the flavors are allowed to merge in the fridge for a few hours. Serve chilled in bowls or mugs. Garnish with fresh parsley or cilantro.

Want another refreshing recipe? Try this [watermelon-mint granita](#).