

## Gazpacho

6 med. tomatoes, quartered  
2 large cucumbers  
1 small red onion  
1 med. zucchini, chopped  
3 med. garlic cloves, smashed  
1 med. green bell pepper  
chopped fresh herbs: parsley, basil, chives  
2 Tbsp. lemon juice  
2 Tbsp. extra virgin olive oil  
1 tsp. sea salt  
1 tsp. cayenne pepper  
1 tsp. ground cumin seed  
2 cups vegetable stock or tomato juice

1. In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped.
2. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more burst. Blend in stock or tomato juice.
3. Transfer to large bowl. Refrigerate at least 1 hour before serving.

Serves 4. Preparation Time:10 minutes.

Source: Ed Young Ministries - [http://www.edyoung.com/fast\\_recipes.php#top](http://www.edyoung.com/fast_recipes.php#top)