



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://Veterans-For-Change)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# *Grilled Tomato Gazpacho*

**Prep Time:** 15 mins

**Cook Time:** 8 mins

**Rest Time:** 1 h 10 mins

**Total Time:** 1 h 33 mins

## **Ingredients**

- \* 2 pounds tomato(es), plum
- \* 1 small pepper(s), red, bell
- \* 1 medium cucumber(s), English, peeled and seeded, divided
- \* 1/2 cup(s) bread, country, fresh or day-old, crusts removed, torn
- \* 1 clove(s) garlic, small
- \* 3 tablespoon vinegar, red wine, (2 to 3 tablespoons)
- \* 1 tablespoon parsley, fresh, chopped
- \* 1/4 teaspoon paprika, hot, or piment d'Espelette, or pinch of cayenne pepper
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon pepper, black ground, freshly ground
- \* 2 tablespoon oil, olive, extra virgin



## **Preparation**

1. Preheat grill to medium-high.
2. Grill tomatoes and bell pepper, turning a few times, until they soften and the skins are blistered and charred in spots, about 8 minutes. Transfer the pepper to a plastic bag and let it steam until cool enough to handle. Peel off the skin; cut the pepper in half and discard the stem and seeds. Place one half in a blender. When the tomatoes are cool enough to handle, core and roughly chop. Add the tomatoes, skins and all, to the blender.
3. Add half the cucumber to the blender along with bread, garlic, vinegar to taste, parsley, piment d'Espelette (or paprika or cayenne), salt and pepper. Blend until smooth. Add oil and blend until well combined. Refrigerate until room temperature or chilled, at least 1 hour.
4. Before serving, finely dice the remaining cucumber and bell pepper; stir half of each into the gazpacho and garnish with the remaining cucumber and bell pepper.