

**Featured Recipe from Chef Mat Shalenko/June Health & Wellness  
and UofL Health Promotion Office**

**Another use for the abundant local vegies from Farmers' Market to make a luscious and  
nutrient-dense summer soup...quickly!**

## **Heirloom Tomato Gazpacho**

Prep time: 30 minutes

Cooking time: 0 minutes

Yields: 2 servings

Difficulty level- easy      Price- cheap

Ingredients:

2-3 heirloom tomatoes, cored and coarsely chopped

1/2 seedless cucumber, peeled and coarsely chopped

1/2 red bell peppers, coarsely chopped

1/2 jalapeño, seeded and coarsely chopped

1 tablespoon sherry vinegar

1 tablespoon extra-virgin olive oil

Salt and freshly ground pepper



Directions:

In a blender, puree the vegetables until smooth. Add water if necessary to help blend and for proper consistency. Serve "as is" or strain the soup into a deep bowl, season with salt and pepper, and serve.

More recipes from UofL Health Promotion Office:

<http://louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes>

Check out Chef Mat's website for more recipes that feature fresh summer vegies:

<http://www.junehealthandwellness.com>