

**Lunch | Dinner** 

# **Strawberry Gazpacho**

10 Mins **Prep Time** 

0 Mins **Cook Time**  **Servings** 

122 Calories 5g Fat 20g Carbs 2g Protein



# **Ingredients**

4 Servings



**10 Mins Total Time** 



**Allergens: None** 

1 lb Fresh Strawberries, washed and stemmed 🖤



3-4 Roma Tomatoes, washed and roughly chopped 💗



1/2 English Cucumber, washed, peeled and roughly chopped

3 Cloves of Garlic, peeled

1 Tbsp Chopped Jalapeño, washed before chopping

1/4 Cup Balsamic Vinegar

Extra Virgin Olive Oil, for drizzling

Salt and Pepper, to taste

#### **Nourishment Note**



#### Strawberries

Strawberries are an excellent source of vitamin C, important for the immune system. They also contain folate, necessary for healthy cells, and potassium, an electrolyte that may need to be replaced if one is experiencing fluid loss.



#### **10** Tomatoes

Tomatoes are rich in vitamin C, necessary for immune function. They also contain lycopene, a phytochemical that may benefit skin health.



#### Soup

Soups are a great way to help stay hydrated. Diarrhea is a common complaint for those who are HIV+, so extra liquids are important for hydration.



### **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Blend Ingredients

To the blender, add the strawberries, tomatoes, cucumber, garlic cloves, jalapeno pepper and vinegar. Blend until well pureed.

#### 3. Serve and Enjoy

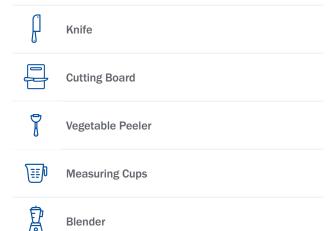
Serve at room temperature or cold. Top with salt and pepper, to taste, and a drizzle of olive oil. Enjoy!

#### 4. Wash Hands

Wash hands with soap and water.

Recipe adapted from California Strawberries

## **What You'll Need**



#### **Fatigue Buster**

Freeze this soup and serve on a day when energy levels are low.