

Avocado Oil Gazpacho

Soup is a favorite meal of mine, and I'd like to eat it all year round. The heat and humidity of summer makes that downright impossible, however. Unless, you eat chilled soup, otherwise called gazpacho.

I'm not gonna lie, at first, I couldn't get into chilled soup. I mean, soup is supposed to be piping hot, right? Not room temperature, and definitely not cold. But, if you make it right, with high quality produce, it can be refreshing, filling, and downright delicious.

I've had gazpachos made of all kinds of interesting ingredients. Strawberries and lavender, peaches and peppers, and watermelon topped with salty feta. All are delicious, but the recipe I'm sharing with you today is more of a classic gazpacho recipe. It's got tomatoes, cucumbers, and onions, and gets a flavor boost from lime juice, and of course avocado oil, which compliments the fresh cucumber and lime juice nicely. Although you can cook your veggies first for more depth of flavor, I wanted to make something that required no heat at all, so I just chopped them up and blended them with the right seasoning. This makes it quick, easy, and perfect for a lazy summer day.

There are two important parts to this summer soup. First, the tomatoes. Any type of tomato will do, but where you get it makes

a big difference. Don't just head to the grocery store and pick up some cold, conventional tomatoes unless you want bland soup. Instead, get them from your farmer's market, or better yet, use tomatoes from your own garden if you have one.

Equally important is chilling time. You want to chill for several hours at the very least, but overnight is best. This gives the ingredients enough time to meld together for deep flavor. It should be served directly out of the refrigerator, and should be frosty cold.

The simplest serving is to top with diced veggies and herbs, but for more of a meal, you can add cooked shrimp or crab, toasted croutons, or grated cheese. A sprinkling of coarse sea salt can round out the flavors beautifully

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Serves 4-6

Ingredients:

2 pounds ripe tomatoes

1 large cucumber

1 small onion

1 jalapeño

Juice of 2 limes

1 clove garlic

1/2 cup extra-virgin avocado oil

1 tablespoon white wine vinegar

To serve: chopped veggies, cilantro, coarse sea salt, black pepper

Directions:

Rough chop all of the vegetables and add them to the blender. Add the remaining ingredients, and blend until you've reached your desired consistency. For extra smooth soup, puree until smooth and strain.

Transfer the soup to a lidded container and chill for 4-6 hours, or overnight. Serve chilled, with desired accompaniments.