

Gazpacho Stew

Prep Time: 22 minutes

Gazpacho Stew Recipe:

- 1 medium cucumber
- 1 medium zucchini
- 1 large green bell pepper
- 1/2 cup red onion - diced
- 1/2 cup fresh cilantro leaves - chopped
- 7 vine ripened tomatoes
- 2 Tbsp raw apple cider vinegar
- 4 Tbsp extra virgin olive oil
- 2 cloves garlic - minced
- 1 Jalapeno - minced
- 1 cup fresh cut or organic canned corn
- 2 tsp ground cumin
- 2 tsp fresh lime juice
- 1 tsp sea salt or to taste
- 1 avocado - cubed (optional)

Instructions:

Peel and chop the cucumber, zucchini, and green pepper. Coarsely chop 5 of the tomatoes and puree 2 of them. Mix all of the ingredients in a large bowl. Chill for 30 minutes and serve.

Recipe Credit:

“Top Raw Men”

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org