



# Gazpacho soup

10'  
Hands on

12 hours'  
Hands off

6-8  
Portion(s)

1  
Difficulty



## Method

- In a [bowl](#), add the tomatoes, onion, cucumber, peppers and finely chopped garlic.
- Add salt, mint, and basil (finely chopped), pepper, sugar, olive oil, red wine vinegar, chili flakes (optional), bread toast (cut in slices) and mix with your [hands](#), pressing all of the ingredients so that the vegetables release their juices.
- Cover bowl with a plastic wrap and refrigerate for 6-12 hours so that the aromas are released.
- Beat mixture with an immersion blender on low speed so that the ingredients break down.
- Pass through a sieve (chinois) and press with a spoon until all of the juice is released. You can make [tomato fritters](#) (domatokeftedes) with the remaining mash.
- Serve in bowls with basil oil, pepper and basil leaves.

## Ingredients

- 2 kilos tomatoes, ripe
- 1 onion
- 1 cucumber
- 1 green bell pepper
- 1 chili pepper, green
- 2 clove(s) of garlic
- salt
- 1 tablespoon(s) mint
- 1 tablespoon(s) basil
- pepper
- 1 tablespoon(s) granulated sugar
- 100 g olive oil
- 2 tablespoon(s) vinegar, of red wine
- 1 teaspoon(s) chili flakes, optional
- 100 g [sandwich bread](#), without the crust

To serve

- 1 teaspoon(s) [basil oil](#)
- pepper
- basil leaves

## Διατροφικός πίνακας

Nutrition information per portion

223 Calories (kcal)	13.0 Total Fat (g)	1.9 Saturated Fat (g)	18.0 Total Carbs (g)
11%	19%	10%	7%
12.0 Sugars (g)	3.3 Protein (g)	4.0 Fibre (g)	0.45 Sodium (g)
13%	7%	16%	8%