



Carrot Gazpacho

Prep: 30 minutes plus cooling and chilling

Cook: 35 minutes • Serves: 8

- ½ cup olive oil
- 10 medium carrots, sliced ¼-inch thick (about 1½ pounds)
- 2 large celery stalks, thinly sliced
- 2 medium vine-ripened tomatoes, chopped
- 1 large onion, chopped
- 1 orange or yellow bell pepper, chopped
- 4 garlic cloves, minced
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons kosher salt
- ½ teaspoon ground turmeric
- ½ teaspoon ground white pepper
- 4 cups water plus additional if needed
- ⅓ cup fresh lime juice
- Thinly sliced carrot, cucumber and radishes for garnish (optional)
- ½ cup low fat plain Greek yogurt
- Fresh dill sprigs or chopped chives for garnish (optional)

1. In large saucepot, heat ¼ cup oil over medium-high heat until shimmering. Add carrots, celery, tomatoes, onion and bell pepper; cook 15 minutes or until vegetables are soft, stirring occasionally. Stir in garlic, coriander, cumin, salt, turmeric and white pepper; cook 1 minute, stirring frequently. Reduce heat to medium; add water and cook, covered, 20 minutes, stirring occasionally; cool 30 minutes.

2. In blender or food processor with knife blade attached, purée half the lime juice, 2 tablespoons oil and half the vegetable mixture on high speed until smooth and creamy, adding additional water if desired for thinner consistency; transfer to large bowl. Repeat with remaining lime juice, oil and vegetable mixture. Cover and refrigerate at least 4 hours or up to 2 days. Makes about 8 cups.

3. To serve, ladle soup into serving bowls; garnish with sliced carrot, cucumber and radishes, if desired. Top with yogurt; garnish with dill sprigs, if desired.

Approximate nutritional values per serving:

195 Calories, 14g Fat (2g Saturated), 1mg Cholesterol, 696mg Sodium, 16g Carbohydrates, 4g Fiber, 3g Protein

Helpful tip:

> Try pickling the radishes, cucumber and carrots for a flavorful garnish: In small bowl, stir ½ cup each cider or sherry vinegar and cold water, ¼ cup granulated sugar, 1 tablespoon kosher salt and 1 teaspoon coriander until salt and sugar dissolve. Stir in 2 thinly sliced radishes, 1 thinly sliced mini cucumber and ½ thinly sliced carrot. Cover and refrigerate at least 15 minutes or up to 2 days.