



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology bowen

Asian Gazpacho (serves 6)

FLT (per serving): unlimited category 1 vegetables
46 calories, 10 g carbohydrates, 2 g protein, 0.6 g fat

6 tomatoes, seeded and finely chopped or one 28oz can chopped tomatoes
2 cups vegetable broth
1 tsp. dry sherry
2 tbsp. chopped fresh cilantro
1 tbsp. light soy sauce
4 scallions, white part only
4 thin slivers of fresh ginger
¼- ½ tsp. Chinese chili sauce, to taste
2 limes

1. Place the tomatoes, over low heat, in a 2 or 3 quart sauce pan.
2. Add in the vegetable broth, sherry, cilantro, soy sauce, scallions, and ginger.
3. Bring the mixture to a simmer and cook for 20 minutes.
4. Remove from the heat and allow to cool for a few minutes.
5. Puree in a food processor or blender. Chill.
6. Just before serving, stir in chili sauce.
7. Grate the peel of one lime and add to the Soup.
8. Squeeze the juice from both of the limes into the soup.