

## **Gazpacho with Guacamole and Peas**

### **Gazpacho**

Serves 4

3 tomatoes, chopped  
½ onion, minced  
½ cucumber, minced  
½ bell pepper, minced  
1 stalk celery, minced  
1 T parsley  
1 T chives or green onion  
1 clove garlic  
1/8 cup vinegar  
1/8 cup olive oil  
1 T lemon juice  
1 t agave nectar  
3 drops Tabasco or other hot sauce  
2 cups tomato juice  
Salt to taste

Put all ingredients into a food processor or blender and process until nearly pureed. (Blend the soup in two or three batches if it doesn't all fit.) Or, for a more chunky soup, hold some onion, cucumber, bell pepper and celery aside and stir in after it has been pureed. Place in non-metal, non-reactive storage container, cover tightly and refrigerate for a few hours or overnight to allow flavors to blend.

### **Guacamole with Peas**

The Cancer Project

Yield: 3 cups

1 avocado  
2 cups peas  
2 T onion, chopped fine  
¼ cup salsa  
1 T fresh lemon or lime juice  
Sea salt or tamari to taste

In a food processor or blender, mix the avocado and peas until smooth. Fold in the onion, salsa, lemon juice and salt. Serve with chips.

*For more information see: [www.e2se.org](http://www.e2se.org)*