

Lunch | Dinner

Strawberry Gazpacho

10 Mins
Prep Time

0 Mins
Cook Time

4
Servings

122 Calories **5g Fat** **20g Carbs** **2g Protein**



Ingredients

4 Servings **10 Mins Total Time** **Allergens: None**

1 lb Fresh Strawberries, **washed** and stemmed

3-4 Roma Tomatoes, **washed** and roughly chopped

1/2 English Cucumber, **washed**, peeled and roughly chopped

3 Cloves of Garlic, peeled

1 Tbsp Chopped Jalapeño, **washed** before chopping

1/4 Cup Balsamic Vinegar

Extra Virgin Olive Oil, for drizzling

Salt and Pepper, to taste

Nourishment Note



Strawberries

Strawberries are an excellent source of vitamin C, important for the immune system. They also contain folate, necessary for healthy cells, and potassium, an electrolyte that may need to be replaced if one is experiencing fluid loss.



Tomatoes

Tomatoes are rich in vitamin C, necessary for immune function. They also contain lycopene, a phytochemical that may benefit skin health.



Soup

Soups are a great way to help stay hydrated. Diarrhea is a common complaint for those who are HIV+, so extra liquids are important for hydration.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

To the blender, add the strawberries, tomatoes, cucumber, garlic cloves, jalapeno pepper and vinegar. Blend until well pureed.

3. Serve and Enjoy

Serve at room temperature or cold. Top with salt and pepper, to taste, and a drizzle of olive oil. Enjoy!

4. Wash Hands

Wash hands with soap and water.

Recipe adapted from [California Strawberries](#)

What You'll Need



Knife



Cutting Board



Vegetable Peeler



Measuring Cups



Blender

Fatigue Buster

Freeze this soup and serve on a day when energy levels are low.