

# Gazpacho with Bay Shrimp and Avocados

3 c. seeded and diced fresh tomatoes with their juice  
1 red bell pepper, roughly chopped  
½ red onion, roughly chopped  
1 small cucumber, peeled and seeded, roughly chopped  
1 stalk celery  
1 clove garlic, peeled  
1-2 c. tomato juice  
2-3 T. white wine vinegar  
1 t. extra-virgin olive oil  
3 generous dashes hot pepper sauce  
salt and ground black pepper  
8 oz. cooked bay shrimp  
1 avocado, diced

- 1) Place tomatoes and the next 5 ingredients in the blender. Puree them to coarse pulp. Add tomato juice and blend until smooth.
- 2) Blend in vinegar, oil, and pepper sauce, as well as pepper to taste. Pour soup into airtight container and season with salt and pepper to taste. Chill for at least three hours or overnight.
- 3) Adjust seasonings. Ladle soup into individual bowls or shot glasses and top with the shrimp and avocado.

Nutrition (per serving based on 8 servings): 99.0 calories; 39% calories from fat; 4.6g total fat; 43.1mg cholesterol; 62.2mg sodium; 489.1mg potassium; 8.4g carbohydrates; 3.1g fiber; 4.1g sugar; 5.3g net carbs; 7.4g protein.