

## **Gazbacho**

By Dr. Ingrid Pincott

1 14 oz can diced organic tomatoes  
¾ cup V8 or Very Veggie Vegetable Juice  
¼ cup olive oil  
½ medium red onion  
½ cup yellow pepper finely chopped  
½ cup red pepper finely chopped  
½ cucumber finely sliced  
¼ cup chopped parsley or cilantro  
¼ finely chopped chives  
1 cup celery finely chopped  
1 large garlic clove chopped  
2 Tbsp fresh basil  
chili flakes, Tabasco sauce to taste  
juice of ½ lemon  
3 Tbsp fresh dill or 1 tbsp dried dill  
1 tsp dried oregano  
2 Tbsp red wine vinegar  
1 tsp Worcestershire sauce  
salt and pepper to taste

Combine all ingredients and chill. Is great served with prawns.