



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Tomatillo Gazpacho

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Ingredients

- ❖ 2 tablespoon oil, olive, extra virgin, divided
- ❖ 3 clove(s) garlic, chopped
- ❖ 1 cucumber(s), English, halved lengthwise and seeded
- ❖ 1 avocado, halved and pitted
- ❖ 1 pounds tomatillo(s), fresh, husks removed, chopped
- ❖ 1 medium pepper(s), green, bell, chopped
- ❖ 2 whole pepper(s), jalapeno, seeded and chopped
- ❖ 15 ounce(s) broth, reduced-sodium chicken, or vegetable broth
- ❖ 1 teaspoon sugar
- ❖ 1/4 teaspoon salt
- ❖ 12 ounce(s) shrimp, peeled and cooked, chopped
- ❖ 1/4 cup(s) olives, green, pitted, chopped
- ❖ 2 medium scallion(s) (green onions), sliced



Preparation

1. Heat 1 tablespoon oil in a small nonstick skillet over medium heat.
2. Add garlic and cook, stirring, until just beginning to brown, 1 to 2 minutes. Remove from the heat.
3. Coarsely chop half the cucumber and half the avocado and place in a food processor. Add tomatillos, bell pepper, jalapeño to taste and the garlic. Process until smooth. Transfer to a large bowl; stir in broth, sugar and salt.
4. Dice the remaining cucumber and avocado and place in a medium bowl. Add shrimp, olives and scallions.
5. Drizzle with the remaining 1 tablespoon oil; gently toss to combine.
6. Ladle the gazpacho into bowls and top each portion with about 3/4 cup of the shrimp salad.