## **Maine Child Nutrition**

## **Lunch Side**

SERVING SIZE: 1 Cup

YEILD: 24

MEAL PATTERN CONTRIBUTION: ¾ Cup R/O Vegetable

## Ingredients and Instructions

Tomatoes, Red, cut into chunks	10 ½ Cups
Cubanelle Pepper (less heat use bell, more heat use Anaheim)	¾ Cup
Cucumber, Peeled, cut into chunks	6 Cups
Onion, White or Red, cut into chunks	1 ½ Cup
Vinegar, Sherry	2 Tbsp
Olive Oil, Extra-Virgin	1 ½ Cup
Salt	To Taste

- 1. Combine tomatoes, pepper, cucumber, onion and garlic in a blender (or large container if using an immersion blender. Blend at high speed until very smooth. Pause to scrape sides. Blend of at least 2 minutes.
- 2. While blending add the vinegar and 2 teaspoons salt. Slowly drizzle in the olive oil. The mixture will begin to change color and become smooth and emulsified. If it still seems watery, drizzle in more oil until it is creamy.
- 3. Transfer to your serving container and chill until very cold, at least 6 hours or overnight.
- 4. Before serving adjust the seasonings with salt and vinegar. If soup is very thick stir in a few tablespoons of ice water.

