

*Thank you for accepting our invitation and  
welcome to our Soup-er dinner and discussion  
on food justice models and ethnic food*

# PROGRAM

- 5:00-5:30PM** Opening Remarks
- 5:30-5:45PM** Guests introduction
- 5:45-6:00PM** Powerpoint presentation
- 6:00-6:15PM** Soups presentation
- 6:45-7:00PM** Open format discussion

**DOWNCAF - BENNINGTON  
COLLEGE**

**May 14, 2019  
TUESDAY  
5:30PM-7PM**



# GAZPACHO

5 lbs. peeled tomatoes: *puree tomatoes and strain.*

*Combine tomato puree with other ingredients (veg. stock, onions, garlic & herbs). Season to taste and chill.*

3 cups vegetable stock

$\frac{3}{4}$  cup finely chopped onion

$\frac{1}{3}$  cup fresh lime juice

6 garlic cloves, finely chopped

2 tbsp chopped fresh parsley

2 tbsp chopped fresh chives

2 tbsp chopped fresh cilantro

2 med Avocados (about 1 lb),peeled, seeded and diced

Blend avocados, bird peppers and fresh lime juice and water until smooth.

4 bird pepper stemmed and minced

$\frac{1}{3}$  cup fresh lime juice

2 tbsp cold water

4 tbsp extra virgin olive oil

Ladle gazpacho into bowls and then top with avocado puree and drizzle with oil

It's thought Gazpacho originated in the Middle East before making its way up to Spain with the Moors from where it became so famous; perhaps it is the Spanish who brought it to Jamaica initially in 1494 with their conquest of the native Arawaks. However it ended up in Jamaica, where people adore the endless possibilities that you can make out of it. It is not only refreshing but its also a perfect way to use veggies.