# *Gazpachos* with meat

RECIPE WITH MEAT: Chicken, rabbit, partridge, turkey, pigeon, etc.

***FATTY MEATS ARE NOT RECOMMENDED*** such as pork, lamb. etc.

## INGREDIENTS (SERVES FOUR)

- 70 g of olive oil (6 tablespoons)
- 350 g of diced meat
- 80 g of ham cut into small cubes (optional)
- 2 medium-sized ripe tomatoes or 70 g canned chopped tomatoes
- 3 or 4 cloves of garlic (sliced)
- 100 g of mushrooms, milk-caps or similar (optional)
- One and three quarter litres of water (approximately)
- 2 or 3 bay leaves
- Salt to taste
- A pinch of pepper
- 1 small bag of *El Pastor de la Mancha gazpachos* and a quarter of another (250 g)

## COOKING METHOD

- Sear the meat in a pan for a few minutes.
- Once the meat is browned, add the ham, garlic, mushrooms and then the tomatoes. Once sautéed, add the water, bay leaves, salt and pepper and simmer until the meat is tender, add the gazpachos and continue to simmer for 8-10 minutes.
- The meat can be removed, deboned and added to the pan.
- They should be juicy, but not soggy.
- Allow it to rest in the pan for five minutes and then serve.
- Accompany the dish with whole or chopped, easy-to-digest and healthy *gazpachos*.