



Recipe Created by Becky Harmon

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Description: If you need a meal replacement that is not sweet, this is for you!

Number of Servings: 1

Ingredients:

- 1 envelope Profile tomato soup
- 1 cup celery
- 1/3 cup red bell pepper
- 1 Tablespoon Worcestershire sauce
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon lemon juice (optional)
- Hot sauce to taste



Virgin Bloody Mary

Directions:

1. Make the soup with 4 oz of boiling water, let it sit for 3-5 minutes.
2. Meanwhile, chop celery and red bell pepper (added for color and sweetness).
3. Put this in blender with 6 oz of ice water (just add some ice cubes to the measuring cup), blend for at least a minute, till liquid.
4. Add Worcestershire sauce, onion and garlic powder, lemon juice and hot sauce to a large measuring cup (I used a 4 cup measuring cup) along with the soup.
5. Stir and refrigerate for 30 minutes, this also helps it settle because the blending may cause some foaming.
6. Serve in a tall glass over ice with a celery garnish.

Tips: add $\frac{1}{4}$ cup salsa, carrots instead of red bell pepper, a few greek olives