

Roasted Red Pepper Soup Ingredients

**** I have made this soup about 6 times now & my best batch ever was the basic recipe below but roast the garlic when you roast the peppers and add a 1/4 tsp black pepper, a handful of FRESH chopped cilantro and when you serve the soup, drop a tablespoon of goat cheese crumbled on the top. Yum! Of course, no goat cheese if you are watching your calories but the cilantro makes it super tasty.*

- 4 large red peppers
 - 1 tbsp (15 mL) olive oil
 - 2 minced garlic cloves
 - 2 onions, chopped
 - 3 cups (750 mL) chicken broth or bouillon
1. Preheat oven to 375F (190C). Place whole peppers on a baking sheet and roast, uncovered, about 18 minutes. Turn peppers and continue roasting about 18 more minutes, until skin is blistered. Remove from baking sheet and place in a heavy paper bag. Seal bag and let stand until peppers are cool, about 10 minutes. Remove peppers and peel off skins. Slice in half and remove seeds. Cut into large chunks and set aside. Refrigerate if making ahead.

 2. In a large saucepan, heat oil over medium heat. Add garlic and onions. Sauté until onions are soft, about 8 minutes. Stir in roasted peppers and continue cooking until peppers are very soft. Then whirl in a blender or food processor, using an on-and-off motion, until smooth. Return puréed mixture to saucepan and add chicken (or vegetable) broth. Cover and cook over medium heat, stirring occasionally, until soup is warm, from 8 to 10 minutes. Spoon into soup bowls and sprinkle with black pepper. Covered and refrigerated, soup will keep well for at least 2 days and can be frozen.

Nutrients per serving

- 2.7 g protein
- 2.4 g fat
- 6.8 g carbohydrates
- 1.3 g fibre
- 0.5 mg iron
- 15 mg calcium
- 294 mg sodium
- 57 calories