

Roasted Red Pepper Soup

8 each	red bell peppers (about 2 3/4 pounds)	4 cups	fat-free, less-sodium chicken broth
5 each	black peppercorns	3 Tbsp	white wine vinegar
3 sprigs	fresh thyme	1/4 tsp	hot pepper sauce (such as Tabasco)
1 each	bay leaf		
2 tsp	olive oil	1/2 tsp	salt
2 cups	diced onion (about 1 large)	1/4 tsp	freshly ground black pepper
1 Tbsp	minced fresh garlic	2 Tbsp	chopped fresh chives



Procedure

- 1 Preheat broiler.
- 2 Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand for 15 minutes. Peel and chop.
- 3 Place peppercorns, thyme, and bay leaf on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- 4 Heat oil in a large Dutch oven over medium heat. Add onion and garlic; cook 15 minutes or until onion is lightly browned, stirring occasionally. Add bell peppers, cheesecloth bag, broth, vinegar, and hot pepper sauce to pan. Increase heat to medium-high, and bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove and discard cheesecloth bag; stir in salt and black pepper. Place half of bell pepper mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to prevent splatters). Blend until smooth. Pour pureed mixture into a large bowl; repeat procedure with remaining soup. Sprinkle with chives.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe.

Amount Per Serving	
Calories	99
% Daily Value	
Total Fat 2.4g	4%
Cholesterol 0mg	0%
Sodium 465mg	19%
Total Carbohydrates 16.7g	6%
Fiber 1.4g	6%
Protein 3.7g	7%

Recipe Type

Soups

Source

Source: Cooking Light

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Author Notes

If you want your roasted red pepper soup to be a bit spicier, adjust the amount of hot pepper sauce to suit your taste. MyRecipes is working with Let's Move!, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Images

