

Roasted Red-Yellow Pepper Soup

This is fragrant, full-bodied soup that is excellent for entertaining.

1 each fresh large, smooth red and yellow bell pepper
4 finely minced or pressed garlic cloves
2 teaspoons olive oil
5 cups reduced sodium beef or vegetable broth or homemade vegetable broth

Cut peppers into quarters and place skin side up on rack of a broiler pan. Place the peppers 4-6 inches from broiling element and broil. When peppers begin to blacken in spots, turn the peppers about every 2 minutes, using long-handled tongs.

As each quarter blackens and shrivels, remove and place in a resealable plastic bag and close tightly. Allow peppers to cool; then peel skin away with a sharp knife. Cut peppers into long, thin strips and set aside.

Add garlic and oil to a 4-5 quart soup pot; sauté garlic about 1 minute. Add peppers and continue to sauté 1-2 minutes. Add broth; bring to a boil. Reduce heat and simmer, covered, about 30 minutes.

Season to taste with salt or salt substitute and freshly ground black pepper. Serve hot.

Flavor Perk: Add 1/3 teaspoon saffron to soup before simmering. Pour soup over a small slice of French bread in each soup bowl for serving.

Variation: Use 1-11/2 cups jarred roasted red peppers to substitute for fresh peppers.

Yield: 4 servings
Serving size: 1 cup

Calories: 82; Protein: 2 g; Carbohydrate: 15 g; Fat: 3 g; Cholesterol: 0 mg; Sodium: 35 mg; Calcium: 40 mg; Dietary Fiber: 4 g; Sugar: 5 g

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