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ROASTED RED PEPPER SOUP

Advanced Lifestyle

Ingredients

5 roasted red peppers (see over for recipe)	freshly ground black pepper
½ TBS olive oil	1 small Russet potato
1/3 cup finely chopped carrots	1 bay leaf
1/3 cup finely chopped celery	about 1 quart vegetable stock
1 large onion, chopped	fresh basil leaves
Morton's Lite salt, to taste	

Instructions for roasting the red peppers:

1. Slice the peppers in half lengthwise and remove the seeds.
2. Place the halves on a cookie sheet and press down so they lie flat with the skin side up.
3. Place the peppers under a hot broiler until the skin is evenly blistered, about 5 to 8 minutes.
4. Carefully remove the peppers from the cookie sheet and place in a bowl.
5. Cover tightly with plastic wrap and let sit for 5 minutes.
6. Uncover and peel off the skin.

Instructions for the soup:

1. Make the roasted red peppers (see above).
2. Heat the olive oil in a saucepan over low heat. Add the carrots, celery and onions, season lightly with salt and pepper, and cook for 10 minutes.
3. Peel and slice the potato and add it to the pot. Add the bay leaf and stock and bring to a boil quickly over high heat.
4. Lower the heat and simmer until the vegetables are completely tender, about 15 minutes.
5. Add the roasted red peppers and simmer 10 minutes more.
6. Remove the bay leaf and puree in a blender. Adjust the salt and pepper to taste.
7. Chop the basil at the last minute to prevent discoloration. Serve the soup in warm bowls and sprinkle with chopped basil.

Portion-Per-Serving Information: (Yields 6 servings) - Serving = 1-1/4 cups = 2 V