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## **RAINBOW ROASTED PEPPER SOUP**

**Advanced Lifestyle**

### **Ingredients**

1 green bell pepper	3 cups low-sodium vegetable broth
1 large red bell pepper	1/4 TSP garlic salt
1 large orange bell pepper	ground black pepper to taste
1 yellow bell pepper	1 TSP fennel seed
8 cloves garlic	1/4 TSP dried thyme
½ lemon	

### **Instructions**

1. Preheat oven to 375°.
2. Cut all peppers in half, remove all the seeds and peel the garlic.
3. Place the halved peppers, cut side up, in shallow baking dish. Place one garlic clove in each half and squeeze lemon juice generously over peppers. Roast for 1 hour.
4. Meanwhile, pour vegetable broth into a 2-quart sauce pan and add fennel seeds. Bring to boil, cover and simmer.
5. When peppers are done, remove from oven and set aside to cool. When cool enough to touch, peel skin from peppers.
6. Strain fennel seeds from broth and return to a boil. Add thyme and simmer 15 minutes, reducing amount of broth.
7. Slice a 1-inch section from each color of pepper and cut into pieces. Set aside for later garnishing.
8. In a blender, place remaining peppers, garlic and a ½ cup broth on blend just long enough to shred the peppers, but not pureé them. (You want to see the different colors.) Pour the blended peppers into the broth and stir well. Add garlic salt and black pepper to taste, then add garnishing pepper pieces. (Do not boil or cook any longer as the colors will fade.)

**Portion-Per-Serving Information** (Serves 2): 1 serving = 1 cup = 2 V