

# Roasted Pepper & Yogurt Soup

*Stonyfield Farm*

*Brand Name Light & Natural Cookbook (1996)*

## **Servings: 6**

*1 3/4 pounds red bell peppers*  
*1 1/4 pounds yellow bell peppers*  
*2 cups nonfat plain yogurt*  
*1 cup chicken stock*  
*1 tablespoon fresh chervil, chopped*  
*1 tablespoon fresh tarragon, chopped*  
*1 tablespoon fresh basil, chopped*  
*1/2 teaspoon salt (to taste)*  
*white pepper (to taste)*  
*1 tablespoon balsamic vinegar*  
*1 pound tiny salad shrimp, peeled, deveined and poached*  
*red bell peppers (for garnish), julienned*  
*yellow bell peppers (for garnish), julienned*  
*nonfat plain yogurt (for garnish), mixed with more chervil, tarragon and basil*

Preheat the broiler. Place the broiler rack as close to the heat as possible. Use aluminum foil to line a cookie sheet with sides.

Place the washed and dried peppers on the foil and broil them, turning them with tongs every few minutes until they are charred all over. Be careful not to break the skins. Remove the charred peppers to a large bowl or bowls and let them cool.

When the peppers are cool, place a colander over a large bowl. Peel the peppers, catching the peeled peppers in the colander and the juices in the bowl. Discard the seeds and blackened skins.

Transfer the peppers and their juices to the bowl of a food processor fitted with a steel blade. Puree until smooth. Then strain the puree through a sieve. Return the strained mixture to the food processor with the steel blade in place. Add the yogurt, chicken stock, chopped herbs, salt, pepper and vinegar. Process until blended. Chill.

Serve very cold, poured over the poached shrimp in individual soup bowls. Garnish with julienned peppers and yogurt-mixed chervil, tarragon and basil.

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Per Serving (excluding unknown items): 98 Calories; 1g Fat (4.7% calories from fat); 6g Protein; 18g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 420mg Sodium. Exchanges: 2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 0 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	98	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	4.7%	<b>Vitamin B12 (mcg):</b>	.5mcg
<b>% Calories from Carbohydrates:</b>	70.8%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	24.5%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	55mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	1mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	18g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	6g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	420mg	<b>Vegetable:</b>	2
<b>Potassium (mg):</b>	586mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	175mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	350mg		
<b>Vitamin A (i.u.):</b>	6418IU		
<b>Vitamin A (r.e.):</b>	643RE		

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

**Calories** 98 **Calories from Fat:** 5

**% Daily Values\***

<b>Total Fat</b> 1g	1%
Saturated Fat trace	1%
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 420mg	17%
<b>Total Carbohydrates</b> 18g	6%
Dietary Fiber 3g	12%
<b>Protein</b> 6g	
<b>Vitamin A</b>	128%
<b>Vitamin C</b>	583%
<b>Calcium</b>	18%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.