

Roasted Red Pepper and Tomato Soup

Palm Beach Post

Servings: 2

To roast peppers, brush the peppers with olive oil and place them in a roasting pan. Place pan under the broiler until the skins swell and blacken. Turn the peppers several times to roast on all sides.

You can store roasted peppers in the refrigerator for up to two weeks. It is recommended to store them for at least several days to bring out more of the sweetness of the peppers which is not present right out of the oven. A flavorful juice is also extracted from the peppers during refrigeration.

2 large red bell peppers, roasted, peeled, seeded and cut into bits

2 large tomatoes, peeled and diced

4 cloves garlic, chopped

1 teaspoon dried oregano

1 cup vegetable stock

1/2 tablespoon Worcestershire sauce

1/4 cup heavy cream

2 teaspoons sugar

Place the peppers, tomatoes, garlic and oregano in a medium pot along with the stock. Cover and bring to a boil. Cook for 10 minutes, then reduce the heat to simmer.

Add the Worcestershire sauce and simmer an additional hour and 10 minutes, covered. Remove from the heat and add the cream and sugar. Using a hand-held mixer, blender or food processor, puree the soup until smooth. Serve immediately.

Per Serving (excluding unknown items): 272 Calories; 14g Fat (42.9% calories from fat); 6g Protein; 35g Carbohydrate; 6g Dietary Fiber; 42mg Cholesterol; 876mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.