



# ROASTED RED PEPPER SOUP

## INGREDIENTS

### Nutrient Analysis

#### PER SERVING

1/6 of recipe

#### Renal exchange:

1 Vegetable

Calories	<b>52Kcal</b>
Protein	<b>1g</b>
Carbohydrates	<b>6g</b>
Fibre	<b>1g</b>
Total Fat	<b>3g</b>
Saturated Fat	<b>0.3g</b>
Cholesterol	<b>0mg</b>
Sodium	<b>58mg</b>
Potassium	<b>183mg</b>
Phosphorus	<b>39mg</b>

**3 whole red peppers, washed\***

**1 tablespoon olive oil**

**2 garlic cloves, minced**

**1/2 cup onion, chopped**

**1/8 teaspoon cayenne pepper**

**3 cups no salt added chicken broth**

**1 tablespoon lemon juice**

**1 tablespoon fresh marjoram, chopped**

*or 1 teaspoon dried marjoram*

**1 tablespoon fresh oregano, chopped**

*or 1 teaspoon dried oregano*

*\* To save time, you can use roasted red peppers from a jar.*

**PREPARATION: 20 MINUTES**

**COOKING: 30 MINUTES**

**6 SERVINGS**

## PREPARATION

- 1** Preheat oven to 450° F or medium broil (conventional oven).
- 2** Place red peppers on baking sheet and broil on top shelf, turning if necessary, until the entire skin has turned black and blistered (20 minutes).
- 3** For removal of the skin: place roasted red peppers in a bowl and cover with plastic wrap. Once the peppers have cooled, proceed with skin removal: remove stems, cut pepper lengthwise in 4 slices, remove the seeds and peel off the skin.
- 4** Heat oil in saucepan over medium-high heat. Saute garlic and onions until onions soften (5 minutes). Add roasted red peppers, cayenne pepper, and chicken broth to pan. Bring to a boil, close lid and simmer for 10 minutes.
- 5** Add lemon juice, marjoram, oregano and mix with a blender.

**Note:** *Soup may be served hot or cold.*