



ROASTED RED PEPPER SOUP

INGREDIENTS

Nutrient Analysis

PER SERVING

1/6 of recipe

Renal exchange:

1 Vegetable

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

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.*