

Roasted Red Pepper Soup

Serving Size: 1 cup

Serves: 6

Ingredients:

2 tablespoons olive oil
1 medium onion, chopped
4 cloves garlic, minced
1 7-oz jar roasted red peppers, diced
½ cup tomatoes, diced
1 teaspoon fresh basil, minced
½ teaspoon dried oregano
3 cups low fat, low sodium chicken broth
Pinch of ground cayenne pepper to taste
1 large lemon sliced paper-thin
6 basil sprigs

Directions:

1. Heat the oil over medium high heat.
2. Add the onion and garlic and sauté for 5 minutes. Do not let the garlic brown. Reserve.
3. Combine the tomato, red peppers, basil and oregano in the pan and sauté until soft.
4. In a stock pot, heat the broth to boiling. Reduce heat and add the onion, garlic, peppers, and tomatoes. Stir until smooth and simmer for 10 minutes.
5. Adjust with the cayenne pepper to taste.
6. Serve this soup as an appetizer in a bowl with 1-2 slices of floating lemon. Top with a sprig of fresh basil.

Exchanges per serving:

½ Carbohydrate Choice, 1 Fat

Nutrients per serving:

Calories: 80

Calories from fat: 54

Total Fat: 9g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 246mg

Carbohydrate: 7g

Dietary Fiber: 1g

Sugars: 6g

Protein: 3g