

Chilled Mild Roasted Red Pepper Soup

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Servings: 6

*2 medium red sweet peppers
4 tablespoons olive oil, divided
2 pounds red or red and green
tomatoes, seeded and coarsely chopped,
divided
1 medium sweet onion, coarsely
chopped, divided
1/4 cup fresh cilantro leaves, divided
1 cup chicken broth (or vegetable
broth)
1 ripe avocado, halved, pitted and
peeled
2 tablespoons lime juice
2 cloves garlic
1/2 teaspoon salt
1/4 teaspoon ground black pepper
cilantro sprigs (for garnish) (optional)
lime wedges (for garnish) (optional)*

Preparation Time: 30 minutes

Roast: 20 minutes

Preheat the oven to 425 degrees.

Halve the red sweet peppers lengthwise. Remove the seeds and membranes. Brush with one tablespoon of the olive oil. Place the sweet peppers, cut sides down, on a foil-lined baking sheet. Roast in the oven about 20 minutes or until the skins are lightly charred. Wrap the peppers in the foil and let stand for 20 to 30 minutes or until cool enough to handle. Peel off the skin and coarsely chop the peppers until smooth. Transfer to a large bowl.

In a blender or food processor, combine half of each of the red sweet peppers, tomatoes, onion and cilantro leaves. Add the broth, avocado, lime juice and garlic. Blend or process until smooth. Transfer to a large bowl.

In the blender or food processor, combine the remaining halves of the red sweet peppers, tomatoes, onion and cilantro leaves. Add three tablespoons of olive oil, salt and black pepper. Pulse the blender or food processor to create a finely chopped and chunky mixture. Add the chunky mixture to the bowl. Stir to combine.

Cover and chill for two to four hours or until cold.

If desired, garnish with cilantro sprigs and/or lime wedges.

Per Serving (excluding unknown items): 90 Calories; 9g Fat (88.0% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	90
% Calories from Fat:	88.0%
% Calories from Carbohydrates:	10.6%
% Calories from Protein:	1.4%
Total Fat (g):	9g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	179mg
Potassium (mg):	43mg
Calcium (mg):	8mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	44IU
Vitamin A (r.e.):	4 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficit:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	90	Calories from Fat: 79
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% Daily Values*

Total Fat	9g	14%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	179mg	7%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	2%
Protein	trace	

Vitamin A	1%
Vitamin C	5%
Calcium	1%
Iron	1%

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