

Creamy Roasted Red Pepper Soup

Doreen Recco

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

Servings: 6

1/4 cup (1/2 stick) butter or
margarine, divided
1/2 cup onion, chopped
1 clove garlic, finely chopped
1 jar (12 ounce) roasted red peppers,
drained and seeds removed
1/4 cup all-purpose flour
1 can (12 ounce) evaporated milk
1 can (14.5 ounce) vegetable or
chicken broth
1/2 teaspoon salt
1/4 teaspoon ground pepper
1 small package cooked imitation
crab meat (optional)

In a medium saucepan over medium heat, melt two tablespoons of butter. Add the onion and garlic. Cook, stirring occasionally, for 1 to 3 minutes or until the onion is tender.

Transfer the onion mixture to a blender container. Add the red peppers and cover. Process until smooth.

Melt the remaining butter in the same saucepan. Stir in the flour. Gradually stir in the evaporated milk and broth. Cook, stirring constantly, until the mixture comes to a boil. Stir in the red pepper mixture, salt and pepper. Add the imitation crab meat, if desired. Heat through.

Per Serving (excluding unknown items): 118 Calories; 7g Fat (53.6% calories from fat); 4g Protein; 10g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 262mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	118	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	33.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	7g	Folacin (mcg):	16mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	23mg	% Refused:	0 0%

Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	262mg
Potassium (mg):	173mg
Calcium (mg):	117mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	18mg
Vitamin A (i.u.):	786IU
Vitamin A (r.e.):	114RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	118	Calories from Fat: 63
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% Daily Values*

Total Fat	7g	11%
Saturated Fat	4g	22%
Cholesterol	23mg	8%
Sodium	262mg	11%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	2%
Protein	4g	

Vitamin A	16%
Vitamin C	29%
Calcium	12%
Iron	2%

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