

Creamy Roasted Red Pepper Soup

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Servings: 6

*1/4 cup (1/2 stick) butter or
margarine, divided*

1/2 cup chopped onion

*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

small package cooked

imitation crab meat

(optional)

In a medium saucepan over medium heat, melt two tablespoons of the 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. Cover. Process until smooth.

In the same saucepan, melt the remaining butter. Stir in the flour. Gradually stir in the evaporated milk and the broth. Cook, stirring constantly, until the mixture comes to a full boil.

Stir in the red pepper mixture, salt and pepper. Heat through. If imitation crab meat is being used, mix it in at this point.

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.