

# Green Bell Pepper Soup

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Servings: 4

*3 green bell peppers, finely chopped*  
*1 tablespoon corn oil*  
*1 large onion, chopped*  
*1 small stalk celery, chopped*  
*1 cup vegetable broth*  
*1 cup beef broth*  
*1/4 teaspoon oregano*  
*1/2 teaspoon basil*  
*4 teaspoons whole wheat flour*  
*2 cups skim milk*  
*salt and pepper*

Set aside two tablespoons of the chopped green bell peppers for decoration.

In a saucepan, heat the oil. Saute' the vegetables. Add both broths and the mixed herbs. Over low heat, simmer for 10 minutes.

In a blender, puree' the mixture. Return to the saucepan.

In a bowl, blend the flour and milk. Fold into the soup. Over low heat, while stirring, reheat without boiling. Season with salt and pepper.

Serve hot or chilled, sprinkled with chopped green bell pepper.

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Per Serving (excluding unknown items): 174 Calories; 5g Fat (24.5% calories from fat); 10g Protein; 24g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 801mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	174	Vitamin B6 (mg):	.3mg
% Calories from Fat:	24.5%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	53.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	22.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	42mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	3mg
<b>Carbohydrate (g):</b>	24g
<b>Dietary Fiber (g):</b>	3g
<b>Protein (g):</b>	10g
<b>Sodium (mg):</b>	801mg
<b>Potassium (mg):</b>	624mg
<b>Calcium (mg):</b>	188mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	85mg
<b>Vitamin A (i.u.):</b>	1901IU
<b>Vitamin A (r.e.):</b>	240RE

% Daily Values      0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 174      **Calories from Fat:** 43

### % Daily Values\*

<b>Total Fat</b> 5g	7%
Saturated Fat 1g	4%
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 801mg	33%
<b>Total Carbohydrates</b> 24g	8%
Dietary Fiber 3g	14%
<b>Protein</b> 10g	

<b>Vitamin A</b>	38%
<b>Vitamin C</b>	142%
<b>Calcium</b>	19%
<b>Iron</b>	8%

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