

Soup

Red Pepper-Tomato Soup

Family Circle Magazine

Servings: 6

Preparation Time: 15 minutes

Cook time: 8 minutes

1 jar (12 oz) roasted red peppers, in-brine, drained

1 can (14.5 oz) diced tomatoes

1 tablespoon olive oil

1 can (28 oz) tomato puree

1 cup low-sodium defatted chicken broth

1 tablespoon sugar

1/2 teaspoon salt

1/4 teaspoon pepper

1 cup heavy cream

croutons, for serving

Combine drained peppers and diced tomatoes in a blender. Puree until smooth.

Heat oil in a large soup pot over medium heat. Add pepper-tomato mixture, tomato puree, chicken broth, sugar, salt & pepper. Heat just to simmering, about 8 minutes. Remove from heat and whisk in heavy cream. Return to stove and heat through. Ladle soup into bowls; top each with a few croutons..

Per Serving (excluding unknown items): 193 Calories; 17g Fat (76.7% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 465mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.