

Roasted Red Bell Pepper Soup

Ventana Big Sur - Big Sur, CA
The Great Country Inns of America Cookbook (2nd ed) (1992)

3 ounces butter
1 head garlic
1 onion, diced
10 roasted red bell peppers, peeled,
seeded and cored
3 quarts chicken stock
3 potatoes, peeled and diced
1 cup light cream
salt (to taste)
freshly ground pepper (to taste)

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In a two-gallon pot, quickly saute' the garlic and onion in the butter until the onion is lightly browned.

Add the red pepper, potatoes and chicken stock. Bring to a boil. Reduce to a simmer. Cook until the potatoes are soft.

Puree' the mixture in batches in a food processor or blender.

Add the cream, salt and pepper to taste.

Reheat but do not boil.

Per Serving (excluding unknown items): 1678 Calories; 118g Fat (68.4% calories from fat); 26g Protein; 96g Carbohydrate; 8g Dietary Fiber; 345mg Cholesterol; 26590mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Vegetable; 23 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1678
% Calories from Fat:	68.4%
% Calories from Carbohydrates:	24.8%
% Calories from Protein:	6.8%
Total Fat (g):	118g
Saturated Fat (g):	73g
Monounsaturated Fat (g):	40g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	345mg
Carbohydrate (g):	96g

Vitamin B6 (mg):	1.2mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	12.1mg
Riboflavin B2 (mg):	2.2mg
Folacin (mcg):	105mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 8g
 Protein (g): 26g
 Sodium (mg): 26590mg
 Potassium (mg): 3511mg
 Calcium (mg): 334mg
 Iron (mg): 21mg
 Zinc (mg): 2mg
 Vitamin C (mg): 82mg
 Vitamin A (i.u.): 4329IU
 Vitamin A (r.e.): 1080 1/2RE

Grain (Starch): 4 1/2
 Lean Meat: 0
 Vegetable: 2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 23
 Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 1678 Calories from Fat: 1148

% Daily Values*

Total Fat	118g	182%
Saturated Fat	73g	365%
Cholesterol	345mg	115%
Sodium	26590mg	1108%
Total Carbohydrates	96g	32%
Dietary Fiber	8g	32%
Protein	26g	

Vitamin A	87%
Vitamin C	136%
Calcium	33%
Iron	116%

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