
Tomato and Red Pepper Soup

The Essential Southern Living Cookbook

Start to Finish Time: 15 minutes

1 can (28 ounce) whole tomatoes

1 jar (12 ounce) roasted red peppers, drained

1/4 cup half-and-half

1 1/2 teaspoons Kosher salt

1 teaspoon granulated sugar

1/2 teaspoon freshly ground black pepper

2 cloves garlic

In a food processor, process all of the ingredients until smooth, stopping to scrape down the sides as needed.

Transfer the mixture to a medium saucepan. Cook over medium-high heat, stirring often, for 8 minutes or until hot.

Serve immediately.

Yield: 4 to 6 servings

Soup, Stew and Chili

Per Serving (excluding unknown items): 67 Calories; 1g Fat (6.5% calories from fat); 2g Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2834mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.