

Tomato and Roasted Red Pepper Soup

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Servings: 5

*2 large yellow or red bell peppers
1 tablespoon olive or vegetable oil
1 medium (1/2 cup) onion, chopped
2 cloves garlic, finely chopped
1 can (28 ounce) crushed tomatoes
with basil, undrained
3 1/2 cups reduced-sodium chicken
or vegetable broth
1 teaspoon sugar
1/4 teaspoon crushed red pepper
flakes OR black pepper
1/4 teaspoon coarse salt (Kosher or
sea salt)*

Preparation Time: 25 minutes

Line a 15 x10x1-inch baking pan with foil.

Set the oven control to broil.

Cut the bell peppers into quarters, removing the membranes and seeds. Place the peppers, skin side up, in the pan. Press them down to flatten.

Broil the peppers with the tops four to six inches from the heat for about 10 minutes or until blackened. Wrap foil around the peppers. Let stand for 20 minutes. Remove the skin from the peppers. Discard the skin. Cut the peppers into 1/2-inch pieces. Set aside.

In a four-quart saucepan, heat the oil over medium-high heat. Cook the onion and garlic, stirring constantly, for 2 to 3 minutes until crisp-tender.

Stir in the tomatoes, broth, sugar, red pepper flakes and salt. Heat to boiling. Reduce the heat. Simmer for 15 minutes. Stir in the roasted peppers. Heat until hot.

Per Serving (excluding unknown items): 13 Calories; trace Fat (2.4% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 0 Other Carbohydrates.