

Roasted Red Peppers Soup

This dish is a rich and intensely flavored soup. It is quick and easy to make. This simple soup is light and creamy. It can be served as is or topped with a dollop of Greek yogurt, basil, and croutons.

Yields: 6 Servings

Serving Size: 1.5 cups

Ingredients:

- 2 Tbsp **butter**
- 1 large, sweet **onion**, chopped
- 2 **garlic cloves**, minced
- 2 jars (15.5 oz each) **roasted red peppers**, drained
- 2 cups **vegetable broth** (low sodium preferred)
- 1 can (15.5 oz) of **cannellini beans**, drained and rinsed. Divided into 1 cup and 3/4 of a cup
- 1/2 tsp **dried basil**
- 1/4 tsp **salt**
- 1 cup **half-and-half cream**
- Optional toppings: fresh basil, crouton, additional half-and-half cream, Greek yogurt

Instructions:

1. In a large saucepan, melt butter over medium heat; add onions. Cook and store until translucent, 3-5 minutes. Add garlic and cook for 1 additional minute.
2. Stir in the red peppers, broth, 1 cup of beans, basil, and salt. Bring to a boil. Reduce heat; cover and simmer for 20 minutes
3. In a blender, cover and process soup in batches until smooth.
4. Transfer 1 cup of the blended soup into a bowl and the rest into the pan. Stir in the cream in the bowl, then add this mixture to the pan.
5. Add the rest of the beans to the pan and heat through (do not boil).
6. Serve in a bowl with a dollop of Greek yogurt, fresh basil, and croutons. Enjoy!

Per Serving: Calories 191 kcal, Carbohydrates 21 g, Protein 7 g, Saturated Fat 5 g, Sodium 372 mg, Fiber 6 g, Sugars 7 g
This recipe was adopted from Taste of Home.