



# Roasted Red Pepper Soup

4 Large Red Peppers, roasted and peeled\*

1 Yellow Onion

4 Carrots

1 tbs. Butter

1 tbs. Olive Oil

1 Large can Diced Tomatoes

1 qt. Organic Chicken Broth

Pink Salt

Black Pepper

Garnish

Goat Cheese

Minced, Toasted Pumpkin Seeds

Sautee Yellow Onion and Carrots in Butter and Olive Oil. When tender, add roasted peppers, Diced Tomatoes and Organic Chicken Broth. Bring to boil and simmer 5 minutes.

Blend soup in Vitamix (powerful blender) or with stick blender until creamy. Add Pink Salt and Black Pepper to taste. Garnish with a chunk of Goat Cheese and minced, toasted pumpkin seeds.

## TIP: How to Roast Red Peppers

Cut in thirds, length-wise. Lay skin-side-up on sheet pan, place under broiler on top rack. WATCH CAREFULLY until blackened. Toss in a paper bag, close bag and set aside for 20 minutes. Skin should now be easy to remove. Or you can just Google this technique!