

Seasonal Eating

Creamy Roasted Red Pepper Soup

Ideas for Using Fresh Produce

- 6 red bell peppers roasted, skinned, and sliced
- 2 onions, chopped
- 2 carrots, chopped
- 1 potato, peeled and chopped
- 2 tablespoons olive oil
- 1 tablespoon sugar
- 3 garlic cloves, chopped
- 6 1/2 cups of chicken broth
- 1 tablespoon of fresh thyme
- Salt and Pepper to taste

Roast bell peppers in oven on broil for 25 minutes, giving a quarter-turn every 5 minutes until charred, soft and collapsing. Put pepper in a large bowl and cover for about 5 minutes until slightly cool. Then remove skin and seeds and cut in slices. In a large skillet, heat olive oil. Add the onions, carrots, garlic, thyme and sauté until onions are translucent, about 5 minutes. Add the broth, bell peppers, potato and sugar. Bring to a simmer over high heat. Decrease the heat to medium-low. Partially cover and simmer until potatoes are very tender, stir occasionally, about 30 minutes. Cool Slightly. Puree the soup in a regular blender working in small batches. Add salt and pepper to taste.



Seasonal Kitchen Produce Pages
Bedford County Farmers Market
bedford.tennessee.edu

(Click on Seasonal Eating under the Family Menu)



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