

Roasted Red Pepper Soup

eatrealfoodacademy.com



Ingredients:

- 4 large red peppers
- 2 onions, chopped
- 2 cloves of garlic, minced
- 1 Tbsp. olive oil
- 3 cups of chicken stock
- Salt and pepper to taste
- Optional garnish: Crumbled bacon

Preparation:

1. Preheat oven to 375°F.
2. Place whole peppers on a parchment paper covered baking sheet and roast, uncovered for 20 minutes. Turn peppers and continue roasting for another 20 minutes or until the skin is blistered and loose.
3. Remove peppers from baking sheet and place in a bowl. Cover with a lid or plastic wrap for about 10 minutes so the peppers sweat.
4. Slice peppers in half. Remove seeds and peel skin (it should slip off). Cut peppers into large chunks and set aside.
5. In a large saucepan, heat oil over medium heat. Add onions and garlic. Sauté until onions are very soft, about 8 minutes. Stir in roasted red peppers and continue cooking until peppers are very soft.
6. Transfer mixture to a blender or food processor and purée, slowly adding chicken stock, until desired consistency is reached.
7. Return soup to pot and simmer til warm. Add salt and pepper to taste.
8. Serve with crumbled bacon as a garnish, if desired.