

Roasted Capsicum Soup

Serves: 2

Prep: 25 mins

Cooking: 45 mins

Ingredients

- 3 medium red capsicums
- Cooking oil spray
- 1 ½ cloves garlic, crushed
- 1 brown onion, chopped
- ½ stalk celery, finely chopped
- ½ apple, peeled, cored and finely chopped
- ½ tsp smoked paprika
- 200g can no added salt tomatoes
- 1 ½ cup reduced salt vegetable stock
- 4 Tbs light sour cream
- 2 slices wholemeal sourdough toast, to serve

MJ Nutrition

Exchanges per serve

				
3	0.5	0.75	0.5	1

Nutrients per serve

1001kJ (239cals), 8.8g Protein
6.5g Fat, 2.9g Saturated Fat,
33.6g Carbs, 20.0g Sugars, 6.1g
Fibre, 702mg Sodium

Method

- Preheat oven to 200°C. line a baking tray with baking paper. Place capsicums on tray and bake for about 45 minutes, until skins have blackened and blistered. Remove from oven and cool.
- Cut capsicums open, remove seeds and carefully peel off skin. Chop fresh roughly. Spray a saucepan with oil and place over medium-high heat. Add garlic, onions, celery, apple and paprika. Cook for 5 minutes. Add tomatoes, stock and 2 cups water. Bring to boil, then reduce heat and simmer for 5 minutes.
- Add capsicum and simmer for 5 more minutes. Cool, then use a hand-held blender to puree until smooth. Season with black pepper. Reheat gently, then swirl through sour cream and serve with sourdough toast.



Source: Healthy Food Guide, Australia August 2012

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