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Prevent and Protect
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ROASTED RED PEPPER SOUP

Recipe courtesy of Kate Geagan, MS, RD

Makes 6 servings

Ingredients

1 lb organic red bell peppers
1 lb organic yellow bell peppers
2 cups organic low-fat plain yogurt
2 T fresh chervil, chopped
2 T fresh basil, chopped
1 tsp kosher salt
Pepper to taste
2 T balsamic vinegar
1 lb small shrimp, peeled and poached

For garnish: Red and yellow bell peppers, julienned
Yogurt mixed with extra fresh herbs

Directions

Preheat broiler. Broil bell peppers, turning every few minutes until charred all over. Remove charred peppers and place in a bowl; allow to cool.

When peppers are cool, place a colander over a large bowl and peel peppers, catching any juice in the bowl below. Discard seeds and blackened skins.

Transfer peppers and juices to a food processor fitted with steel blades. Purée until smooth. Add yogurt, herbs, salt, pepper, and vinegar. Process until smooth.

Pour soup into a bowl or container and chill.

To serve, pour into bowl or glass and garnish with shrimp and peppers or yogurt, if desired.

Nutrient Analysis: *Calories: 180; Total Fat: 3 g; Saturated Fat: 1 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 1 g; Cholesterol: 120 mg; Sodium: 495 mg; Carbohydrates: 17 g; Fiber: 2 g; Protein: 21 g*