

# Roasted Bell Pepper Soup

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**Yield:** 4 Servings 2 Cups Each

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PREP TIME: 5 MIN

COOK TIME: 45 MIN

TOTAL TIME: 50 MIN

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*Red bell peppers roasted in the oven and then blended with crushed tomatoes and coconut milk for a creamy and flavorful soup*

## INGREDIENTS:

- 4 Red Bell Peppers
- 28oz can Crushed Tomatoes
- 6oz can Tomato Paste
- 16oz can Lite Coconut Milk
- 16oz can Vegetable Broth
- 1 Tbsp Dried Dill
- 1 1/2 Tbsp Garlic Powder
- 1 Tbsp Dried Basil
- 1/2 tsp Red Pepper Flakes
- 1 tsp Stevia or Sugar
- 1 tsp Salt
- 1/2 tsp Black Pepper

## INSTRUCTIONS:

1. Preheat the oven to 500 degrees
2. On a baking sheet lined with foil, place the whole bell peppers and bake them for 20 minutes or until the skins are blackening
3. While the peppers are baking, in a large soup pot, mix the can of crushed tomatoes, coconut milk, vegetable broth, tomato paste, and seasonings

- and bring to a boil, then reduce to a simmer
4. Once you remove the peppers from the oven, cover the pan in foil for 10 minutes. Remove foil and let the peppers cool
  5. When the peppers are cool enough to touch, peel the skins off of the peppers and add the skinless peppers to the soup pot
  6. Use an immersion blender to blend the peppers into the tomato mix until the large pieces are gone
  7. Bring the soup back to a boil and then reduce to a simmer. Let the soup cook on a simmer for 15 minutes
  8. Serve and Enjoy!

## **NOTES:**

Add some oyster crackers or crushed Ritz for some crunch!