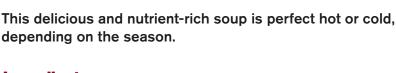
Basil Tomato Red Pepper Soup with Garlic Toast





- 1 large red bell pepper
- 2 pounds ripe tomatoes
- 1 cup spicy tomato juice
- ½ cup chicken or beef stock (or more)
- 1 Tbsp. lemon juice
- 10 whole fresh basil leaves
- Pinch of sugar

- Salt and pepper to taste
- Low-fat sour cream or plain yogurt for garnish
- 10 basil leaves chopped for garnish
- · Whole-grain baguette
- 1 large garlic clove, minced
- ¼ cup olive oil



Nutrition Facts

Yield: 6 servings (1 cup soup and 2 slices garlic toast)

Amount Per Serving

Calories 265

Calories from fat: 41 percent

Total Fat 12g

Saturated Fat 1.8g

Cholesterol Omg

Sodium 403mg

Total Carbohydrates 32g

Dietary Fiber 5.5g

Protein 8g

Preparation

- 1. Roast bell pepper in 375 degree oven until charred and soft, about 10 minutes. Peel and seed pepper and cut into chunks.
- 2. Core and cut tomatoes into chunks.
- 3. In a food processor, purée the tomatoes and red bell pepper, tomato juice, lemon juice, stock and sugar purée until smooth.
- 4. Add 10 basil leaves and continue to purée until smooth. Add more stock if a thinner consistency is desired.
- 5. Serve soup with garnish of sour cream and chopped basil.
- 6. Prepare garlic toast by sautéing garlic in olive oil until golden, 3-4 minutes.
- 7. Slice baguette and place on a baking sheet.
- 8. Brush baguette slices with garlic oil and toast in a 375 degree oven for 5-7 minutes or until golden brown. Serve immediately with soup.

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