



# heated chilled bell pepper *Soup*

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Serves 4

## Ingredients

- 4 medium Paysanne bell peppers (red, yellow or orange)
- 2 lbs (908 g) Paysanne tomatoes
- 1 sweet onion, chopped
- 2 Scotch Bonnet chilies, finely chopped, stems and seeds discarded
- ¼ cup and 2 tbsp. (93 ml) extra virgin olive oil
- 2 cups (500 ml) chicken stock
- 2 cloves garlic, minced
- ½ cup (125 ml) cream
- Salt and white pepper to taste

## Method

1. Coat the Paysanne bell peppers with a thin layer of olive oil.
2. On high heat, roast bell peppers on gas burner racks or on a barbecue until skins are black.
3. Transfer to a medium bowl, cover and chill. Cut in half, remove black skin and discard the stem and seeds.
4. Bring water to a boil. Score the bottom Paysanne then place in an ice bath.
5. Peel and chop the tomatoes. Reserve the juices.
6. In a 4 quart saucepan over medium heat, add 1 tbsp. (15 ml) of oil, onions, garlic, chilies, 1 tsp. (5 g) salt and ¼ tsp. (2 g) pepper. Sauté for 10 minutes. Add the tomatoes, the tomato juice, bell peppers, broth and ¼ tsp. (2 g) salt. Cover and simmer for 5 minutes.
7. Purée soup in a blender, then strain. Add cream and season with salt and white pepper to taste.
8. Chill the soup and serve.

## Nutritional Facts per serving (642 g): Calories 380

Fat 27 g (42 %), Saturated Fat 6 g + Trans Fat 0 g (30 %), Cholesterol 15 mg, Sodium 210 mg (9 %), Carbohydrate 32 g (11 %), Fiber 5 g (20%), Sugars 15 g, Protein 8 g, Vit A (20 %), Vit C (530 %), Calcium (8 %), Iron (15 %). % = % Daily Value



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