

# Roasted Red Pepper & Tomato Soup

Servings = 6

## INGREDIENTS:

800g Tinned tomatoes  
1 onion, halved and quartered  
2 red bell pepper, chopped  
3 tablespoons olive oil  
1 ½ teaspoons freshly ground blackpepper  
3 cloves garlic, halved  
5 cups Chicken/Veg Stock  
2 teaspoons dried basil  
1 teaspoon dried parsley  
1 tablespoon sea salt



## DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C). Line a large baking tray with aluminum foil.
2. Spread onion and red bell pepper onto the baking tray, drizzle olive oil over, season with salt and pepper.
3. Roast in the preheated oven for 30 minutes; add garlic and continue roasting until tender, about 15 more minutes.
4. Bring the chicken/veg stock, tinned tomatoes, basil and parsley to the boil in a large saucepan; reduce heat and simmer for 5 mins.
5. Pour the red pepper, onion and garlic into saucepan with chicken/veg stock. Remove from heat and allow to cool. Once cooled blend until all ingredients are pureed, bring blended soup back to the boil and then simmer for 5 mins and serve.

## Nutrition per serving:

Calories	140 kcal
Net Carbs	10.7 g
Sat Fat	3.6 g
Protein	5.4 g