



THE J.M. SMUCKER Co

Roasted Red Pepper Soup

Makes: 6 cups (1.5 L)

Prep Time Cook Time Serves Difficulty

15 mins 43 mins 6 N/A

Ingredients

- **Soup:**
- 6 large red bell peppers
- 2 tbsp (30 mL) Vegetable or Canola Oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 5 cups (1.2 L) chicken stock
- 1 tbsp (15 mL) chopped fresh thyme or 1 tsp (5 mL) dried
- 3/4 cup (175 mL) **Carnation®** Regular or 2% Evaporated Milk

Evaporated Milk

- salt and pepper to taste
- **Garnish:**
- 1/2 cup (125 mL) sour cream

Directions

Step 1:

Preheat broiler. Line a baking sheet with foil.

Step 2:

Halve peppers lengthwise, discarding stems, seeds and ribs. Place skin sides up on prepared baking sheets. Broil until the skin on the peppers becomes blackened. Transfer peppers to a bowl and let stand, covered with plastic wrap, until cool enough to handle. Peel peppers and thinly slice.

Step 3:

Heat oil on medium heat in a large saucepan or stock pot. Cook onions and garlic, stirring occasionally until tender, about 5 minutes. Stir in peppers, stock and thyme.

Step 4:

Bring soup to a boil. Lower heat and simmer, uncovered, 25 minutes.

Step 5:

Puree soup. Stir in evaporated milk. Heat, taste and adjust seasonings.

Step 6:

Decorate each bowl of soup with sour cream.

Have the kids help decorate the soup. To make hearts, place dots of sour cream in soup. Drag a toothpick or wooden skewer through the dot and you will get a heart! Make sure the sour cream is the same consistency as the soup. If it is too thick it will fall to the bottom of the bowl. Just thin out the sour cream with a bit of leftover evaporated milk.

Images

