



Creative Juices
Consulting

Red Pepper Soup

(Original Recipe)

1 32 oz. can roasted red peppers
1 medium onion, diced
3 cloves garlic, minced
½ cup butter
Montreal steak season
½ cup flour
Bay leaf
1 pint half & half
Romano cheese

(My Healthy Version)

6-8 fresh roasted red peppers
1 medium onion, diced
3 cloves garlic, minced
3 Tbsp olive oil
½ cup Whole Wheat Flour
Bay Leaf
2 cups unsweetened almond milk
¼ cup half & half
¼ cup Fage® Greek yogurt
Romano cheese
Low sodium veggie broth as needed

Original recipe directions

Melt the butter in a thick walled stainless or cast iron Pot. Add the onion, garlic & seasoning. Cook down.

Add flour & stir until evenly coated and lightly browned. Stir in the half & half until thickness resembles a thin gravy. Whisk to remove flour lumps.

Add roasted red peppers and bay leaf and simmer for 10 minutes. Pour into a blender or food processor and purée until smooth. Return to pan on low heat to keep warm until ready to serve. Sprinkle with Romano cheese.

Healthy version directions

Heat the olive oil in a thick walled stainless or cast iron Pot. Add the onion and garlic and sauté until cooked down.

Add the whole wheat flour & stir until evenly coated and lightly browned. Stir in almond milk and half & half. Can add veggie broth until thickness resembles a thin gravy. Whisk to remove flour lumps.

Add roasted red peppers and bay leaf and simmer for 10 minutes. Pour into a blender or food processor and Purée until smooth. Return to pan on low heat to keep warm. Stir in yogurt before serving for added richness. Sprinkle with Romano cheese.