

Roasted Vegetable Soup

This soup will appease the heartiest of appetites.



Bell peppers are low in calories and high in vitamin A and C, making them an excellent choice for a healthy immune system and maintaining good vision. They are also a beneficial source of vitamin E, which plays a role in keeping our skin and hair looking healthy.

Ingredients (Makes 4 servings)

- 1 medium red bell pepper, cored, seeded and diced
- 1 medium yellow bell pepper, cored, seeded and diced
- 1 jalapeno chili, cored, seeded and minced (see note)
- 1 cup corn kernels (see note)
- 4 teaspoons canola oil, divided
- 1 pint grape tomatoes, halved lengthwise
- 1 large garlic clove, minced
- 1 celery stalk, trimmed and chopped
- 1 small red onion, chopped
- ½ teaspoon crushed dried oregano
- ¼ teaspoon ground cumin
- ¼ teaspoon pepper
- 4 cups (1 quart) reduced-sodium vegetable broth
- 2 tablespoons minced fresh cilantro

Optional toppings - unsalted baked tortilla chips, cooked black beans, reduced-fat shredded cheddar cheese

Directions

Place red bell pepper, yellow bell pepper, chili and corn kernels in a shallow roasting pan. Drizzle with 2 teaspoons canola oil. Roast in preheated 400-degree oven for 15 minutes, stirring once. Add tomatoes, stir and roast an additional 15 minutes, stirring once. Meanwhile, Heat remaining 2 teaspoons oil in Dutch oven over medium heat.

Add garlic, celery and onion. Cook for five minutes or until vegetables are tender. Stir in oregano, cumin and pepper. Remove roasted vegetables from oven and add to Dutch oven. Stir well. Add broth. Bring to a boil; Reduce heat to low and Simmer five minutes to blend flavors. Sprinkle on cilantro. Serve with one or more optional toppings if desired.

Note - The heat in jalapeno chilies varies greatly. Take a tiny taste and decide whether to use the entire chili in the soup. For 1 cup of corn, use a paring knife to remove the kernels from 2 medium ears of corn. If desired, substitute 1 cup of frozen corn kernels.

Nutritional information Per serving (without optional toppings)

Calories 135
Fat 5 g
Cholesterol 55 mg
Sodium 165 mg
Carbohydrates 20 g
Fiber 4 g
Protein 3 g

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