

Roasted Red Bell Pepper Soup

Show:Feb 6th

Ingredients: Makes 8 cups

3 Bell Peppers, Red
2 Tbls. Oil
1 Onion, yellow, large, chopped
2 Shallots, large, chopped
1 clove Garlic, chopped
3/4 cup Dry Sherry
1 cup Chicken Stock
Salt and pepper to taste

Procedure:

Roast bell peppers until the skin turns black. Place peppers in a plastic bag and secure end, allowing the peppers to self-steam in bag for about 10 minutes to loosen skin. Remove from bag and pull off skin and take seeds out. Chop into large pieces and set aside.

Heat oil in large saucepan over medium heat and sauté chopped onion, chopped shallots, and chopped garlic. Add dry sherry and cook for 15 minutes or until liquid evaporates. Add chicken stock. Cook for about another 10 minutes. Add reserved bell peppers and simmer a few more minutes.

Place soup in blender and blend until smooth. Add salt and pepper to taste.

Set aside until the next soup is ready.

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