

Tomato & Red Pepper Soup FOK

Swick

Serves 4 | Active Time: 10 minutes | Total Time: 35 minutes

Step 1: Making the Soup

- 2 med yellow onions, coarsely chopped
- 2 lg red bell peppers, seeded and coarsely chopped
- 1/4 cup vegetable stock
- 3 lg cloves garlic, minced
- 1 tsp fresh thyme, minced
- 1 lb tomatoes (about 3 medium), coarsely chopped
- sea salt and freshly ground black pepper, to taste
- 1/4 cup basil, chiffonade or a dollop of your favorite pesto

In large sauce pan on medium to high heat, add the onions and peppers to the pan, moving around the pan allowing the sugars to be released until the onions are slightly golden and translucent, about 4-6 minutes. Add 1/4 cup water or vegetable stock to deglaze and pick up those sugars to caramelize onions.

Add the garlic and thyme and cook for another minute, then add the tomatoes, lower the heat to a low-medium heat and cook covered, for 20 minutes.

Puree the soup using an immersion blender or in batches in a blender with a tight-fitting lid, covered with a towel. Season with salt and pepper and serve garnished with the basil or your favorite oil-free vegan pesto.