

Tomato & Roasted Red Pepper Soup — No Oil

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 50 minutes

Step 1: Making the Soup

- 1 medium white onion, diced
- 1 tsp fresh thyme, minced
- 4 cloves garlic, minced
- 1 -28 oz can of crushed tomatoes (low sodium)
- 1 cup roasted bell pepper, chopped
- 2 to 2 1/2 cup low-sodium vegetable stock*
- 1/2 tsp freshly ground black pepper

First, gather and prepare your mise en place.

In a medium pot over medium heat, sauté the onions until they begin to caramelize. Next, add the garlic and fresh thyme, and continue to sauté for about a minute, or until they become fragrant. Be careful not to brown the garlic.

Next, add the crushed tomatoes, roasted peppers, vegetable stock and pepper.

*Note: Start with 2 cups of liquid and then adjust the amount of liquid depending on the consistency you like.

Bring the soup to a simmer, lower the heat and let cook 20 to 30 minutes.

To finish the soup, remove from the heat, and blend using an immersion blender or countertop blender. Blend until smooth. Season to taste.

This soup is extra delicious sprinkled with a bit of Plant-Based Parmesan.