

Italian Roasted Pepper and Tomato Bisque

Prep Time: 20 mins

Cook Time: 20 mins

Serves: 8

Ingredients

Cooking Spray – 5 sprays

1 ½ c onions chopped

1 ½ c fennel bulb chopped

1 ½ tsp salt (optional)

2 tsp garlic minced

1 tsp italian seasoning

1/8 tsp crushed red pepper flakes

32 oz canned diced tomatoes

4 c roasted red peppers – in water chopped (2 16 oz jars)

2 c chicken broth

5 leaves basil

¼ cup Greek yogurt

¼ c fresh parsley for garnish

Instructions

- 1) Coat a large soup pot with cooking spray, heat over medium heat.
- 2) Add onion, fennel, and salt; cook stirring frequently, until vegetables are soft, 7-10 mins.
- 3) Stir garlic, Italian seasoning, and red pepper flakes, cook stirring a few times, 1 minute.
- 4) Add tomatoes, roasted red peppers, broth and basil. Increase heat to high, bring to a boil.
- 5) Reduce heat to medium – low; simmer covered, 10 mins.
- 6) Stir in yogurt
- 7) Puree soup with an immersion blender (or puree in batches in a regular blender, with the lid off).
- 8) Serve garnished with chopped basil and parsley.

Note: I find it is better to make the night before and reheat, flavours are better.