

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

SERVINGS: 6

ROASTED RED PEPPER SOUP



Nutrient Analysis

PER SERVING: 1/2 of recipe

RENAL EXCHANGE: 1 High Potassium Vegetable

Calories	66 Kcal	Sodium	40 mg
Protein	3 g	Potassium	259 mg
Total Carbohydrate	7 g	Phosphorus	58 mg
Fiber	2 g	Calcium	19 mg
Sugars	3 g	Iron	11 mg
Fat	3 g	Magnesium	1 mg
Saturated	1 g	Vitamin C	78 mg
Cholesterol	0 mg		

Diet Types

✓ **CKD Non-Dialysis** ✓ **Dialysis/Diabetes**

✓ **Dialysis** ✓ **Transplant**

ROASTED RED PEPPER SOUP

INGREDIENTS

***3 whole medium red peppers,
washed***

1 tablespoon olive oil

2 garlic cloves, minced

½ cup onion, chopped

½ teaspoon cayenne pepper

3 cups no salt added chicken broth*

1 tablespoon lemon juice



***1 tablespoon fresh marjoram,
chopped or 1 teaspoon dried
marjoram***

***1 tablespoon fresh oregano,
chopped or 1 teaspoon dried
oregano***

* Choose the broth with the lowest sodium content but be aware that low sodium products often contain more potassium. Look for potassium chloride under ingredients on the label. Potassium is a hidden ingredient normally not listed in the nutrient analysis.

PREPARATION

- 1** Preheat oven to 450°F or medium broil (conventional oven).
- 2** Place red peppers on baking sheet and broil on top shelf, turning if necessary, until the entire skin has turned black and blistered (20 minutes).
- 3** For removal of the skin: place roasted red peppers in a bowl and cover with plastic wrap.
- 4** Once the peppers have cooled, proceed with skin removal: remove stems, cut pepper lengthwise in 4 slices, remove the seeds and peel off the skin.
- 5** Heat oil in saucepan over medium-high heat.
- 6** Sauté garlic and onions until onions soften (5 minutes). Add roasted red peppers, cayenne pepper, and chicken broth to pan.
- 7** Bring to a boil, close lid and simmer for 10 minutes.
- 8** Add lemon juice, marjoram, oregano and mix with a blender.

NOTE

✓ *Soup may be served hot or cold.*

Presented by

Favorably reviewed by