

CREAM OF RED PEPPER SOUP

Ingredients:

- 1 tblsp olive oil
- 1 large red bell pepper, seeded and chopped
- 1/2 cup onion, chopped
- 1/4 cup celery, diced
- 1/2 cup potatoes, diced
- 1/2 tsp whole rosemary
- 1/2 tsp whole fennel seed
- 1/2 tsp Hungarian paprika
- 1/2 tsp salt
- 1/8 tsp white pepper
- 1 1/2 cup soy milk
- 1/2 cup water
- 2 tblsp white miso
- 1/2 cup julienned carrots
- 2 tsp parsley for garnish

Instructions:

In a large saucepan, saute all vegg but carrots in oil w/seasonings about five minutes. Add water and soy milk. Cover and simmer about twenty minutes. Add miso and puree in food processor until smooth. Add carrots and return to pot and cook on med another five minutes. Garnish and serve.

Friendly Foods by Bro. Ron Pickarski

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