



## **Roasted Red Bell Pepper Soup**

**Serves 6**

2 red bell peppers  
5 cups low fat and low sodium chicken stock  
½ cup chopped onions  
3 garlic cloves, minced  
2 tbsp dried basil  
1 tsp dried thyme  
2 tbsp smoked Gouda cheese  
1 tbsp extra virgin olive oil  
¼ cup smoked Gouda cheese

1. Roast red bell peppers over an open flame until skin is blistered and blackened. Place in a plastic bag and seal for about 30 minutes. Peel the skin and dice the pepper. Sauté with olive oil, onions, and garlic.
2. Add dried basil and thyme. Sauté for about 5 minutes or until fragrant.
3. Add chicken stock and reduce heat and simmer for about 10 minutes.
4. Puree soup and add smoked Gouda cheese. Continue cooking until Gouda cheese is dissolved.
5. Pour into soup bowl and top with fat free sour cream and a sprinkle of Gouda cheese, if desired.
6. Serve and Enjoy!

### **Nutritional Analysis**

Serving Size: 1 cup servings

Calories	140
Fat	8g
Saturated Fat	3.5g
Cholesterol	20mg
Sodium	200mg
Carbohydrates	9g
Dietary Fiber	2g
Protein	9g

### **Diabetic Exchanges:**

Protein	1
Carbohydrates	1
Fat	1