

Creamy Roasted Red Pepper & Tomato Soup

Plant-Based • Comforting • Antioxidant-Rich

Ingredients (Serves 4):

- 4 large ripe tomatoes, halved
- 2 red bell peppers, seeded and halved
- 1 small yellow onion, quartered
- 3 garlic cloves, peeled
- 1 tablespoon olive oil
- 1 teaspoon dried basil
- ½ teaspoon smoked paprika
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 cups low-sodium vegetable broth
- ½ cup canned coconut milk (for creaminess)
- Fresh basil or croutons for garnish

Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Place tomatoes, red peppers, onion, and garlic on the sheet. Drizzle with olive oil and season with basil, paprika, salt, and pepper.
3. Roast for 30–35 minutes, until vegetables are softened and slightly charred.
4. Transfer to a blender with broth and coconut milk. Blend until smooth and creamy.

5. Pour into a pot and heat until warmed through. Serve garnished with fresh basil or croutons.

Nutritional Highlights (per bowl):

- Calories: 190
- Fiber: 5g
- Vitamin C: 150% DV
- Lycopene-Rich: From tomatoes & red peppers
- Anti-inflammatory: Garlic, olive oil, basil

