



Tracy's Roasted Red Pepper and Tomato Soup

Roasted Red Pepper and Tomato Soup... a delicious (and frugal) easy meal, Served with fresh Biscuits or homemade Garlic Bread or a fresh green salad. This one can also be served chilled. (refreshing on a hot day!!)

You will need:

- 6 medium Ripe tomatoes (quartered)
- 1cup cherry tomatoes
- 1cup diced celery
- 1cup diced carrots
- 1 lg red onion diced
- 8 toes of garlic minced
- 3 large Red Pepper(sweet) cut into 2" pieces
- 1/4 cup olive oil
- 1tsp sea salt
- 1tsp cracked Black Pepper
- 1table spoon dried basil or 1/4 cup fresh basil (chopped)
- 1l (1 QT) of chicken stock or vegetable stock.
- 1/2 cup heavy cream (optional)
- 2tablespoons Tomato Paste

Grease a large cookie pan with 1/2 of the olive oil. Spread all the vegetables onto the sheet and drizzle with the remaining olive oil. Season with the basil ,salt and Pepper. Toss to coat everything well and roast at 400 until peppers and tomatoes skins blacken a little and the vegetables become soft. (about 30-40 mins)

Add the vegetables to a large soup pot and add the stock of your choice. Bring to a simmer. let simmer 10minutes then Blend with a hand blender til smooth. Add tomato paste and stir well. Add the cream and season with more sea salt and pepper to taste.

Serve hot with a fresh basil leaf and a little grated Parmesan cheese.

Serve chilled with a wedge of lemon and a little fresh cilantro or fresh parsley. (a cold shrimp or lobster salad is wonderful with this.). Freezes beautifully in ziplock bags. Keeps well, when refrigerated for 2-4 days.