



Cuisine Santé Roasted Bell Pepper Soup (Gluten Free)

YIELD 6 SERVING

Ingredients

- 1 ea Green bell pepper
- 1 ea Orange bell pepper
- 1 ea Red bell pepper
- 1 ea Yellow bell pepper
- 1 oz Extra Virgin Olive Oil
- 2 oz Chef Macrina White Wine
- 1 qt Water, boiling
- 2 oz HACO-Swiss Cuisine Santé White Roux
- 1 cup Lactose Free or Soy milk
- 1 oz HACO-Swiss Cuisine Santé Chicken Stock
- ¼ oz Rosemary, minced

Preparation

Rub Extra Virgin Olive Oil to each of the bell peppers. Roast the peppers at 450°F for 20 minutes. Once the peppers are ready, place in cold water to peel off skin. Sauté peeled peppers in Extra Virgin Olive Oil, then add the Chef Macrina White Wine, bring to a boil. Stir occasionally and remove from heat. Add 1 qt of water and bring to a boil. Incorporate Cuisine Santé White Roux into boiling water, cook for 3 minutes. Add the bell peppers and puree. Add 1 cup of lactose free or soy milk to the bell peppers. Let simmer for 10 minutes. Add Cuisine Santé Chicken Stock. Incorporate the rosemary by stirring.

Setting

Place soup in desired serving dish and then garnish with a sprig of rosemary and bell pepper shavings.

Specialty Ingredients

- #723 HACO-Swiss Cuisine Santé Chicken Stock
- #730 HACO-Swiss Cuisine Santé White Roux
- Extra Virgin Olive Oil
- White Wine

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (257g) Servings 6 Calories 173 Fat Cal. 93	Total Fat 10g	15%	Total Carb. 17g
	Sat. Fat 4g	20%	Fiber 2g	8%
	Trans fats 0g		Sugars 3g	
	Cholest. 11mg	4%	Protein 5g	
	Sodium 92mg	4%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 4%	Vitamin C 80%	Calcium 4%	Iron 6%