

Recipe 17 – Creamy Red Pepper Soup

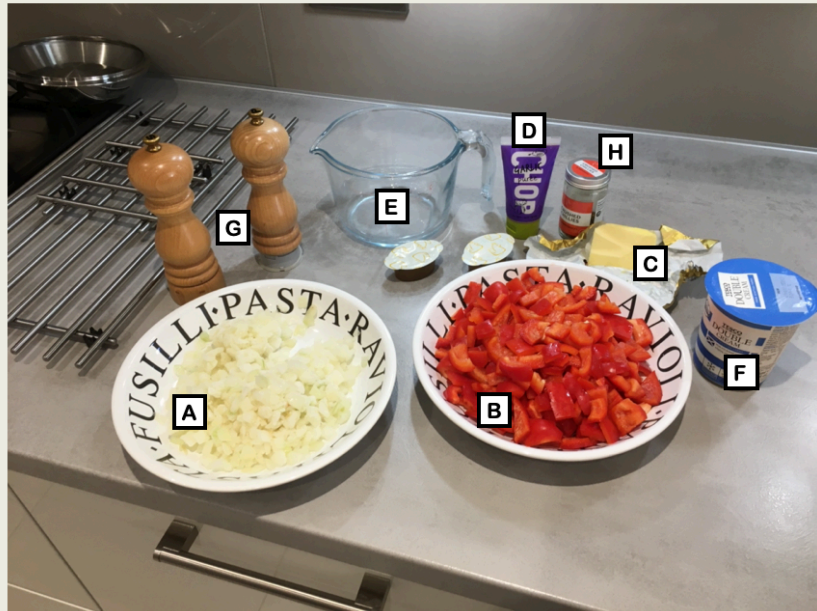
This recipe is for 4 people

Recipe 17 – Creamy Red Pepper Soup

- A. 1 Onion chopped
 - B. 4 Red peppers chopped
 - C. 25g butter
 - D. 4 tsp crushed garlic
 - E. 1 L chicken or veg stock
 - F. 100ml double cream
 - G. Salt & black pepper
- Optional
- H. ¼ tsp chili flakes

Equipment–

Electric hand blender or Jug Blender or Food Processor



Timings –

Prep – 30 mins*, Cooking – 45 mins*, Blending 10 mins*.

*"The quoted times are an estimated and may vary based upon your experience & chosen ingredients"

Method

1. Melt the butter in a large pan on a medium heat, then add the onion, peppers, garlic & chili flakes if using. Cook for 5 -10mins or until starting to soft.



2. Pour in the chicken stock, stir well reduce the heat to low and simmer for 30mins.



3. Once cooked allow to cool for a few minutes.



- Using a stick blender, blend the soup until smooth and no pieces of pepper or onion appear.



- Prior to serving add the cream stir in and cook through.



- Add salt & pepper to taste

- Do not allow the soup to boil

8. Serve in warm bowls .



Hints –

You can pre-cook this soup and store in the fridge, but do not add the cream until your are ready to serve.

If you do not have a stick blender, you can also use a jug blender or food processor, you will need to do this in batches and have a second pan available.