

Roasted Red Pepper Bisque

Portion Size: 8 fl oz

Yield: 10

Ingredients:

Red Bell Pepper, Roasted	3 cups (~6 whole peppers, see step 1)
Onions, Fresh Diced	2 ½ cup
Garlic, Fresh, Peeled, Diced	1 ¼ TBSP
Olive Oil	2 TBSP
Flour, All Purpose	¼ cup
Chicken Broth, Low Sodium	6 cups
Potatoes, Diced	2 cups
Tomato Paste, Canned	2 TBSP
Cream, Half & Half	1 cup
Whole Milk	2 ¼ TBSP
Cilantro	¼ cup
Salt	2 tsp
Black Pepper, Ground	½ tsp

Preparation:

1. Using direct heat (from grill or gas stove) and turning frequently, char the peppers on all sides. Place peppers in a paper bag for 15 minutes. Remove the skin and seeds, chop finely. Set aside.
2. In a stock pot, sauté onions and garlic in olive oil until golden brown. Dust with flour to make a roux.
3. Add low sodium chicken broth. Bring soup to a boil, add peppers, potatoes, and tomato paste. Simmer for 30 minutes.
4. Puree soup. Return soup to a simmer.
5. Heat half and half and milk until just below a simmer.
6. Whisk in hot half and half, milk, cilantro, salt and pepper. Simmer for an additional 5 minutes and serve.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
140	3	19	3	5	6	1	400



RD APPROVED



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