

Sweet Red Pepper and Cheese Soup

This soup is easy to make and has a great flavour and colour. It is perfect to serve at events. Adding the milk gives it a lovely creamy taste.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (319g):

Energy	Fat	Saturates	Sugars	Salt
536kJ 128kcal 6%	6.1g 9%	2g 1%	12g 14%	0.66g 11%

of an adult's reference intake.
Typical values per 100g: energy 168kJ/40kcal.

Equipment

Weighing scales
Colander
Sharp knife
Chopping board
Garlic press
Grater
Kettle
Measuring jug
Measuring spoons
Saucepan with lid
Wooden spoon
Ladle
Pan stand
Blender
Thick tea towel
Mixing bowl
Tasting spoon

Ingredients

Serves 4-6
4 red peppers
1 medium red onion
2 cloves garlic
25g vegetarian style
Parmesan cheese
450ml boiling water
1 reduced-salt vegetable
stock cube
1 x 15ml spoon sunflower oil
1 x 5ml spoon dried thyme
300ml semi-skimmed milk
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Use 3 red and 1 yellow or orange pepper if you buy a mixed pack of peppers.
- Serve with a slice of bread or try the Soda Bread recipe on our website.
- Never fill a blender more than half full of hot ingredients as the pressure can force the lid off.

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Method

1. Wash and deseed the peppers and chop into small bite-sized chunks.
2. Peel and finely chop the onion and press the garlic.
3. Grate the Parmesan cheese.
4. Measure 450ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
5. Gently heat the sunflower oil in the saucepan, add the onion and cook until softened for about 3 minutes on a low heat.
6. Add the garlic, red pepper and thyme. Cook for a further 3 minutes, stirring to prevent burning.
7. Add the stock, stir, and bring to the boil.
8. Reduce the heat, add the semi-skimmed milk and simmer for about 15 minutes with the lid on. Stir every 5 minutes to prevent burning.
9. When all the vegetables are softened, allow to cool a little and ladle about $\frac{1}{3}$ of the soup into a blender.
10. Holding a tea towel over the lid, blend the soup and pour into a mixing bowl. Repeat for the remainder of the soup.
11. Try the soup and add black pepper to taste (if using).
12. Sprinkle over the grated Parmesan cheese just before serving.

Something to try next time

- Try adding a peeled and diced sweet potato at step 6 for a thicker soup.
- Adding some reduced-fat crème fraîche when the soup has been blended will make it really creamy. Reheat gently for a short time, as too much heat will cause the crème fraîche to separate.
- Grated, reduced-fat Cheddar cheese could be used instead of Parmesan cheese.
- Replace the semi-skimmed milk with water and do not add the grated cheese if you want to make this recipe dairy free, or replace the milk and cheese with dairy-free alternatives.

Prepare now, eat later

- Prepare the onions and peppers the day before and keep them in sealed bags in the fridge.
- Most soups freeze well for up to 1 month. Cool quickly and pour into a freezer bag. Defrost thoroughly before reheating.

Skills used include:

Washing, weighing, measuring, peeling, crushing, grating, boiling/simmering, frying and blending.