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TWO PEPPER SOUP (V)

Bursting with immunity bursting antioxidants and vitamins, this soup brings together two stunning colours to impress any dining table.

Serves 6

Per serving: 137 calories, 2.2g fat

Prep time: 10 mins

Cook Time: 30 mins

Make the two soups using separate pans or, if using a soup-maker, make the yellow pepper soup first then set aside before rinsing it out and then cooking the red pepper soup.

METHOD

1. Place all the ingredients in the pan or soup-maker. Cover the pan with a lid. Cook for 20-25 minutes or until soft.
2. When cooked, liquidise until smooth and set aside.
3. Taste for seasoning and add more freshly ground black pepper if needed.

If the soup is too thin it will not stay separated when served so thicken with a little cornflour mixed with cold water and add to the soup when reheated and boil for a minute or two to thicken.

To serve: It is essential to pour each colour soup from identical jugs simultaneously from opposite sides of a large soup dish in order to keep them separated. Serve with a sprig of fresh coriander or parsley.

INGREDIENTS

For Yellow Pepper Soup:

- 6 yellow peppers, deseeded and roughly chopped
- 1 large onion, chopped
- 1 garlic clove, crushed or use half a teaspoon of 'Easy Garlic'
- 1 teaspoon chopped fresh thyme or half teaspoon dried thyme
- 1 celery stick, chopped
- 1 litre vegetable stock
- 1 vegetable stock pot
- Freshly ground black pepper

For Red Pepper Soup:

- 6 red peppers, deseeded and roughly chopped
- 1 large onion, chopped
- 1 garlic clove, crushed or use half a teaspoon of 'Easy Garlic'
- 1 teaspoon chopped fresh thyme or half teaspoon dried thyme
- 1 celery stick, chopped
- 1 litre vegetable stock
- 1 vegetable stock pot
- Freshly ground black pepper

