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Roasted Red Pepper and Tomato Soup ♦♦

A delicious and hearty soup made with roasted red peppers and tomatoes. This soup is perfect for a cozy meal on a cold day.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Red Bell Peppers
500 g	Tomatoes
2 tbsp	olive oil
100 g	onion
2 cloves	garlic

500 ml	vegetable stock
1 tsp	salt
0.5 tsp	black pepper
1 tsp	paprika
0.25 tsp	cayenne pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the red bell peppers in half and remove the seeds and stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Roasting

Place the red bell peppers and tomatoes on a baking sheet, drizzle with olive oil, and season with salt and black pepper.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Sautéing

In a large pot, heat the remaining olive oil over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Simmering

Add the roasted red bell peppers, tomatoes, vegetable stock, paprika, and cayenne pepper to the pot. Bring to a boil, then reduce heat and simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Blending

Using an immersion blender, blend the soup until smooth. Alternatively, transfer the soup to a blender and blend in batches until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Serving

Season with additional salt and black pepper to taste. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 7 g

Protein: 3 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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