



## Roasted Red Pepper Soup With Broccoli Pesto Trees

READY IN



90 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup blanched almonds and
- 1.5 cups broccoli florets
- 1 medium carrots diced
- 1 stalk celery diced
- 1 cup basil fresh packed
- 1 tablespoon thyme leaves fresh
- 2 cloves garlic smashed
- 4 servings kosher salt

- 1 large leek light white green halved lengthwise thinly sliced ( and parts only)
- 1 quart chicken broth low-sodium
- 0.5 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parmesan cheese grated
- 3 bell peppers red
- 1 small baking potatoes diced peeled
- 2 tablespoons tomato paste
- 8 slices bread white

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- pot
- blender
- plastic wrap
- cookie cutter
- broiler
- immersion blender

## Directions

- Make the pesto: Toast the almonds in a skillet over medium heat, tossing, until lightly golden, about 5 minutes.
- Transfer to a food processor.

- Bring a medium saucepan of salted water to a boil. Fill a large bowl with ice water.
- Add the broccoli to the boiling water and cook until bright green, about 2 minutes.
- Drain and transfer to the ice water to cool, then drain and pat dry.
- Transfer the broccoli to the food processor with the almonds; add the basil, garlic and 1/2 teaspoon salt and pulse to make a chunky paste. With the motor running, gradually add the olive oil.
- Add the parmesan and pulse to combine.
- Transfer the pesto to a bowl and press plastic wrap directly onto the surface; set aside until ready to use.
- Make the soup: Preheat the broiler.
- Put the bell peppers on a baking sheet and broil, turning, until charred, 7 to 10 minutes.
- Transfer to a bowl, cover tightly with plastic wrap and set aside 5 minutes. Peel the peppers with your fingers under running water; discard the stems and seeds. Roughly chop the peppers.
- Heat the olive oil in a medium pot over medium heat.
- Add the celery, carrot, leek and 1/2 teaspoon salt and cook, stirring occasionally, until the vegetables are soft, about 7 minutes. Stir in the thyme and roasted red peppers. Push the vegetables to one side of the pot; add the tomato paste to the other side and cook, stirring, 2 minutes, then stir into the vegetables. Increase the heat to high; add the chicken broth and 2 cups water and bring to a simmer.
- Add the potato and simmer until soft, about 30 minutes. Puree with an immersion blender or in a regular blender in batches; keep warm.
- Preheat the oven to 350 degrees F.
- Cut the bread into tree shapes using a cookie cutter.
- Transfer to a baking sheet and toast in the oven until crisp, about 6 minutes. Ladle the soup into bowls.
- Spread the pesto on the toast and float in the soup.
- Serve immediately.
- Photograph by Lisa Shin

## Nutrition Facts



■ PROTEIN 14.25% ■ FAT 41.74% ■ CARBS 44.01%

## Properties

Glycemic Index:131.09, Glycemic Load:27.35, Inflammation Score:-10, Nutrition Score:33.790000022106%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 456.43kcal (22.82%), Fat: 22.13g (34.04%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 52.51g (17.5%), Net Carbohydrates: 45.59g (16.58%), Sugar: 10.67g (11.85%), Cholesterol: 5.44mg (1.81%), Sodium: 718.16mg (31.22%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17g (33.99%), Vitamin C: 157.08mg (190.4%), Vitamin A: 6547.8IU (130.96%), Vitamin K: 88.85µg (84.62%), Manganese: 0.97mg (48.54%), Vitamin E: 6.19mg (41.26%), Vitamin B3: 8.04mg (40.22%), Folate: 154.82µg (38.7%), Vitamin B6: 0.68mg (34.07%), Phosphorus: 303.46mg (30.35%), Potassium: 1028.83mg (29.4%), Fiber: 6.93g (27.7%), Vitamin B1: 0.41mg (27.57%), Iron: 4.82mg (26.8%), Vitamin B2: 0.45mg (26.22%), Calcium: 262.17mg (26.22%), Selenium: 16.08µg (22.98%), Copper: 0.44mg (22.24%), Magnesium: 86.18mg (21.55%), Zinc: 1.89mg (12.6%), Vitamin B5: 1.06mg (10.57%), Vitamin B12: 0.32µg (5.35%)