



Spicy Zucchini, Pepper and Potato Soup



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



130 min.

SERVINGS



4

CALORIES



371 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 leaves basil fresh shredded sweet for garnish
- ☐ 28 ounce canned tomatoes fresh tomatoes or chunky-style crushed peeled chopped canned
- ☐ 2 chile peppers seeded very thin sliced into rings
- ☐ 4 servings top fresh for serving
- ☐ 4 cloves garlic thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 mild frying peppers green thinly sliced into rings (cubanelle)
- ☐ 1 large bell pepper red for roasting

- ☐ 2 tablespoons rosemary finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 sprigs thyme leaves leaves picked finely chopped
- ☐ 2 cups vegetable stock
- ☐ 1 medium onion red yellow peeled thinly sliced into rings
- ☐ 5 to 6 baby yukon gold potatoes very thinly sliced into discs (like potato chips)
- ☐ 1 pounds zucchini very thinly sliced into discs

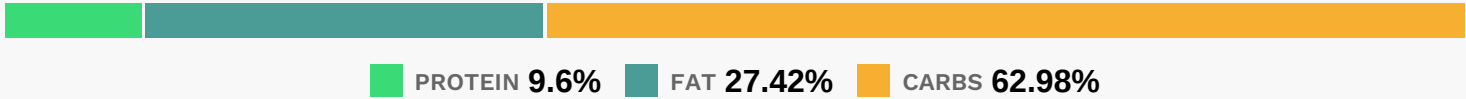
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Char sweet frying pepper over open flame on stovetop or under hot broiler with oven door cracked to allow steam to escape. Once the skin is evenly charred and blackened all-over, place the pepper in a bowl and cover with plastic until pepper is cool enough to handle. Wipe or scrape the char off the pepper removing the skins. Seed the pepper and thinly slice.
- ☐ Heat 3 tablespoons extra-virgin olive oil in a deep skillet or Dutch oven over medium to medium-high heat. When the oil ripples, add the zucchini, chiles, frying peppers, onions, potatoes, garlic, salt, pepper, rosemary, thyme and saute the vegetables until tender-crisp, 12 to 15 minutes, stirring occasionally.
- ☐ Add the tomatoes and roasted peppers and allow the tomatoes to breakdown a few minutes. Stir in enough stock to desired consistency – as thin or thick as you like.
- ☐ Cool completely and store for make-ahead meal.
- ☐ Reheat over moderate heat, stirring occasionally.
- ☐ Serve in shallow bowls with shredded or torn sweet basil and crusty, warm bread.

Nutrition Facts



Properties

Glycemic Index:155.81, Glycemic Load:33.12, Inflammation Score:-10, Nutrition Score:30.955652413161%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 3.41mg, Luteolin: 3.41mg, Luteolin: 3.41mg, Luteolin: 3.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg

Nutrients (% of daily need)

Calories: 371.42kcal (18.57%), Fat: 12.01g (18.48%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 50.55g (18.38%), Sugar: 16.3g (18.11%), Cholesterol: 0mg (0%), Sodium: 515.63mg (22.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.91%), Vitamin C: 226.8mg (274.91%), Vitamin A: 3927.32IU (78.55%), Vitamin B6: 1.43mg (71.43%), Potassium: 1993.27mg (56.95%), Manganese: 1.05mg (52.46%), Fiber: 11.51g (46.04%), Vitamin K: 41.32µg (39.36%), Folate: 131.02µg (32.76%), Magnesium: 114.63mg (28.66%), Vitamin B1: 0.4mg (26.54%), Phosphorus: 259.42mg (25.94%), Copper: 0.51mg (25.73%), Vitamin E: 3.78mg (25.17%), Vitamin B3: 5.02mg (25.12%), Iron: 3.87mg (21.48%), Vitamin B2: 0.31mg (18.01%), Vitamin B5: 1.33mg (13.31%), Zinc: 1.69mg (11.3%), Calcium: 104.34mg (10.43%), Selenium: 1.92µg (2.74%)