



Brookdale
HEALTH HYDRO



Charred Red Pepper AND Tomato Soup

1	large onion, roughly chopped
1 Tbsp	olive oil
4	garlic cloves, roasted, peeled & crushed
3	red peppers, blackened, peeled, seeds removed & flesh roughly chopped
1 Tbsp	tomato paste
4	ripe tomatoes, skin removed & roughly chopped
2 cups	chicken or vegetable stock
1	sprig thyme leaves
	herb salt & ground black pepper
¼ cup	plain cottage cheese
2 Tbsp	chives, chopped

Heat olive oil in a saucepan and sauté onions until translucent.

Add garlic, peppers, tomato paste and cook for 5 minutes.

Stir in the tomatoes, stock and thyme.

Cook for a further 20 minutes. Season and blend.

Garnish with cheese and chives or Basil Pesto.

SERVES 4



TO BLACKEN PEPPERS

There are two ways of blackening peppers. Oil peppers lightly and either:

1. Cook in a very hot oven under the grill until skin blisters and blackens.
 2. Place peppers over a gas flame and using tongs, turn repeatedly over the flame until charred.
- Once blackened place the peppers into a plastic bag, they will sweat making them easy to peel.

This recipe is from Brookdale's Heavenly and Healthy Flavours cookbook, which is available for purchase at Brookdale Health Hydro or online at www.brookdale.co.za