

SOUPS

Roasted Red Pepper and Tomato Soup

Makes 5 servings · about 1¼ cups each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 4 g · Fiber 3 g · Calories 160	

Ingredients

- 2 Tbsp butter
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 2 Tbsp flour
- 2 cans (15 oz each) crushed tomatoes
- 12 oz jar roasted red peppers, drained
- 2 cups vegetable broth
- ¼ tsp dried basil
- ⅛ tsp dried thyme
- Pepper to taste
- 1 cup whole milk (optional)

Directions

1. Melt the butter in a large pot over medium heat and sauté the onion and garlic until translucent.
2. Add the flour and cook 1–2 minutes, stirring, until it forms a paste.
3. Add the tomatoes and red peppers, stir, then purée (in a blender or with an immersion blender).
4. Add the broth and seasonings, stir, and bring to a simmer. Stir in the milk for a creamier texture, if desired.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 yellow onion
- ☐ 4 cloves garlic

DAIRY & EGGS

- ☐ 2 Tbsp butter
- ☐ 1 cup whole milk

PANTRY & DRY GOODS

- ☐ 2 Tbsp flour
- ☐ 2 cans (15 oz each) crushed tomatoes
- ☐ 12 oz jar roasted red peppers
- ☐ 2 cups vegetable broth

CHECK YOUR PANTRY

- ☐ Dried basil
- ☐ Thyme
- ☐ Black pepper