

Cream of Red Pepper Soup

Potluck Recipe from Phyllis Greeson

1 large red bell pepper (or two small), seeded and chopped
1 1/2 cups julienned carrots
1/2 cup chopped onion
1/4 cup diced celery
1/2 cup diced potato
2 T olive oil
1/2 tsp each rosemary, fennel seeds-crushed, paprika, and salt
1/8 tsp white pepper
1 1/2 cups soy milk
1/2 cup water
2 T white miso

In large 4 quart pot, sauté carrots in 1 T olive oil and set aside. Sauté remaining vegetables, herbs, and spices in olive oil on medium high heat about 5 minutes. Add the soy milk and water and simmer covered for 20 minutes. Cool soup enough to place in blender, add miso, and blend until smooth. Pour soup back in pot, add carrots, and cook on low for 5 minutes.