

# Carrot and Roasted Red Pepper Soup

## Ingredients

- 6 oz. Jar of Roasted Red Peppers, Drained and Chopped.
- 1 Small Sweet Onion Chopped
- 2 T Olive Oil
- 32 oz. of Low-Sodium Chicken Broth
- 16 oz. Baby Carrots
- Half a Cup of Half and Half
- 1 T Course Salt

## Directions

1. Saute onions and olive oil over medium high heat in dutch oven for 4 minutes.
2. Stir in broth, carrots and chopped red peppers. Cover and bring to a boil.
3. Reduce heat and simmer for 20 minutes.
4. Let cool 10 minutes and puree in blender.
5. Return mixture to dutch oven and stir in half and half and salt. Cook for 2-4 more minutes and serve hot.