Creamy Cheddar Soup
in a new light

Makes: 6 servings
Prep Time: 20 minutes
Cook Time: 1 hour 10 minutes (includes 50 minutes for roasting peppers, which can be done in advance)
Difficulty: Easy

Ingredients:
- 2 red bell peppers
- 2 teaspoons olive oil
- 1 medium onion, diced
- 1 cup chopped cauliflower (about 1/4 small head)
- 1 clove garlic, minced
- 2 1/2 cups no-salt-added chicken broth or cooking stock
- 1/2 cup reduced-fat (2%) evaporated milk
- 12 tablespoons reduced-fat shredded Cheddar cheese, divided
- 8 tablespoons finely chopped green onions, divided

Directions:

Roast the peppers (can do 2–3 days ahead): Preheat your toaster oven to Broil and line the baking tray with foil. Place the bell peppers on the tray and roast, turning occasionally with tongs, until blackened in places, 30–40 minutes. Transfer the peppers to a large bowl and cover with plastic wrap. Let steam for 10 minutes. Uncover and let cool. With a paring knife, remove the skin, stems, and seeds. Finely chop peppers.

In a large nonstick saucepan or Dutch oven, heat oil over medium-high heat. Add onion, cauliflower, and garlic and cook, stirring, until vegetables are lightly browned, about 7 minutes. Add broth or stock and evaporated milk; cover and bring to a boil. Reduce heat and simmer, covered, until vegetables are tender, 8–10 minutes.

Carefully transfer to a food processor or blender. Add half of the reserved roasted peppers (about 1 cup) and puree until smooth. Return to the pot and add the remaining roasted peppers; bring to a simmer. Remove from the heat and stir in 6 tablespoons of the cheese and 2 tablespoons of the green onions, stirring just until cheese melts.

Please continue to next page...
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Ladle into 6 serving bowls. Sprinkle each serving with 1 tablespoon each of the remaining cheese and green onions.

Nutritional Information: Per serving (3/4 cup): 140 calories, 4.5 g fat (1.5 g saturated, 0 g trans), 10 mg cholesterol, 260 mg sodium, 13 g carbohydrate, 3 g fiber, 10 g protein.