

  
**THICK  
& EASY**

# Pureed Roasted Red Pepper and Cauliflower Soup





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## INGREDIENTS

	1 Serving	6 Servings	12 Servings
Roasted red peppers, canned or jarred, drained	1/3 cup	2 cups	1 quart
Cauliflower, riced or finely chopped, cooked	1/4 cup	1 1/2 cups	3 cups
<b>HERB OX® Chicken Broth packets</b> Prepared Chicken Broth   Item: 35188*	1/2 cup	3 cups	1 1/2 quarts
Salt	1/8 tsp	3/4 tsp	1 1/2 tsp
Black Pepper	Dash	1/8 – 1/4 tsp	1/4 – 1/2 tsp
Onion powder	Dash	1/8 – 1/4 tsp	1/4 – 1/2 tsp
Garlic powder	Dash	1/8 – 1/4 tsp	1/4 – 1/2 tsp
Thyme	Dash	1/8 – 1/4 tsp	1/4 – 1/2 tsp
Paprika, optional	Dash	1/8 – 1/4 tsp	1/4 – 1/2 tsp
Sugar, optional	1 tsp	2 Tbsp	1/4 cup
<b>THICK &amp; EASY® Instant Food &amp; Beverage Thickener**</b> Item: 17938	2 tsp	1/4 cup	1/2 cup

## NUTRITION

**Serving Size:** ~8fl. oz.  
**Calories:** 50  
**Total Fat:** 0g  
**Saturated Fat:** 2g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 1060mg  
**Total Carbs:** 11g  
**Dietary Fiber:** 7g  
**Total Sugars:** 7g  
**Added Sugars:** 4g  
**Protein:** 1g  
**Vitamin D:** 0% DV  
**Calcium:** 0% DV  
**Iron:** 2% DV  
**Potassium:** 0% DV

\*For a lower sodium recipe, use prepared Herb Ox® Sodium Free Chicken Broth (#36087) in place of regular chicken broth

## DIRECTIONS

1. Puree red peppers, cooked cauliflower, and chicken broth in a blender or food processor until smooth.
2. Pour mixture into a saucepan or stock pot.
3. Add seasonings and sugar (if desired) and stir well.
4. Bring to boil, stirring occasionally.
5. Add **THICK & EASY® Instant Food & Beverage Thickener** and blend with a wire whisk until thickened.
6. Keep warm for service at 135°F or higher.
7. Portion approximately 8 fl. oz. (about 1 cup) per serving.