

Roasted Red Pepper Bisque with Corn, Basil and Creme Fraiche

From Tarla Fallgatter, cooking instructor, 2013



Servings: 6

3 whole red bell peppers, roasted, peeled, seeded, deveined, chopped
1 whole jalapeno pepper, roasted, peeled, seeded, deveined, chopped (or use a half of a poblano pepper)
3 tablespoons olive oil
1 large onion, peeled, chopped
3 whole garlic cloves, peeled, minced
1 teaspoon smoked paprika
1 1/2 teaspoons kosher salt
Freshly ground black pepper to taste
1 1/2 pounds tomatoes, or 28 ounce can peeled, seeded tomatoes
6 cups chicken stock
2 tablespoons fresh basil, cut in fine threads
6 tablespoons creme fraiche
1/2 cup fresh corn, cut from a cob
2 tablespoons fresh basil, cut in fine threads for garnish

NOTES: This can be served hot or cold. If you want to make this a main dish, prepare toasted cheese sandwiches. Remove them from the pan while they're piping hot, and using a big chef's knife chop the sandwiches into small pieces. Place these bite-sized pieces on top of the soup and serve.

1. Saute onion in the oil until translucent. Add garlic, paprika, salt and pepper and cook 5 minutes. Stir in tomatoes and simmer 15 minutes.
2. Add peppers, chicken stock and 2 T. of basil. Simmer 30 minutes.
3. Puree soup until smooth and return to the same pot to reheat. Season to taste and divide among warmed bowls. Spoon a dollop of creme fraiche into each bowl, then sprinkle with additional basil shreds, corn and freshly ground black pepper. Serve immediately

Per Serving (excluding unknown items): 183 Calories; 12g Fat (59.2% calories from fat); 3g Protein; 15g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 2637mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 2 Fat.