

# MEDITERRANEAN VEGETABLE SOUP



Serves 5

We eat vegetable soup almost every day on Passover. We always need another healthy and filling dish and this is enjoyed by everyone.

- 6 tablespoons extra-virgin olive oil
- 5 tomatoes (about 1 pound), halved
- 3 yellow or red peppers, halved
- 3 zucchini, halved
- 1 small eggplant, halved
- 4 cloves garlic, halved
- 2 onions cut into 1/8's
- 1 teaspoon dried thyme
- 4 cups chicken or vegetable stock
- ½ cup non-dairy creamer or almond milk
- 1 teaspoon kosher salt
- ½ teaspoon pepper
- ¼ cup fresh basil, shredded

Preheat the oven to 375°F.

Line and grease two large baking sheets with aluminum foil. Place the tomatoes, peppers, zucchini and eggplant on the baking sheets in a single layer. Tuck in the garlic and onion throughout both trays of vegetables. Drizzle each tray with 3 tablespoons olive-oil, ½ teaspoon thyme, ½ teaspoon salt, and ¼ teaspoon pepper.

Bake for 35 minutes, until soft and browned. When cool, remove the skin from the peppers.

Place the vegetables in a food processor and coarsely chop them, do not puree them. They should be the consistency of salsa.

In a large soup pot, heat the chicken stock over medium-high heat. When hot, add the vegetables and turn down the heat to simmer. Simmer for 20 minutes to blend the flavors. Stir in the non-dairy creamer and simmer for 5 minutes. Add the basil and serve warm.

# RED PEPPER SOUP WITH ORANGE ZEST



*Photo by Skinnytaste.com*

Serves 4

This is delicious warm or cold so it's a great option for Yom Tov. The orange zest gives the soup a great flavor boost and makes it interesting.

- Nonstick vegetable oil spray
- 1 ½ pounds red bell peppers (about 3 large), quartered, seeded
- 1 large yellow bell pepper, quartered, seeded
- 1 pound plum tomatoes, trimmed, quartered
- 1 cup sliced onion
- 3 garlic cloves, thinly sliced
- 2 tablespoons olive oil
- 1 ¾ cups (or more) chicken broth
- 3 tablespoons chopped fresh basil, divided
- 1 teaspoon grated orange zest

Preheat oven to 425°F. Spray large rimmed baking sheet with nonstick spray. Arrange all bell peppers and tomatoes on a prepared sheet, cut side up. Scatter onion and garlic over. Drizzle olive oil over vegetables; sprinkle with salt and pepper. Roast until peppers are soft and beginning to brown around edges, turning occasionally, about 1 hour. Remove from the oven. Enclose yellow pepper in a paper bag for 10 minutes, then peel and finely chop. Reserve for garnish.

Add broth, 2 tablespoons basil, and orange zest. With an immersion blender, puree soup. Rewarm and serve. Garnish with remaining basil and roasted yellow pepper. Thin soup with additional broth, if desired. Season to taste with salt and pepper.

**DO AHEAD:** Can be prepared 1 day ahead. Cover and refrigerate.