

Tomato Roasted Red Pepper Soup with Parmesan Crisps

Infinitely better than anything from a can, this painted red soup tastes like it should be more of a high-flying kitchen effort than it is. When fresh tomatoes are out of season, canned San Marzano should be your go-to tomatoes for soups and sauces, as they are revered for their fruity sweetness. The Parmesan wafers make a fanciful accompaniment to the soup.

- 1 Tbsp (15 mL) grapeseed oil or sunflower oil
- 2 leeks, thinly sliced
- 1/2 tsp (2 mL) salt
- 2 garlic cloves, thinly sliced
- 2 cups (500 mL) lower-sodium vegetable broth
- 1 - 28 oz (796 mL) can San Marzano tomatoes
- 1 cup (250 mL) sliced roasted red pepper
- 1 tsp (5 mL) dried thyme
- 1 tsp (5 mL) sweet smoked paprika
- 1/4 tsp (1 mL) black pepper
- 2 tsp (10 mL) honey
- Juice of 1/2 lemon
- 1 cup (250 mL) grated Parmigiano-Reggiano cheese

In large saucepan, heat oil over medium-low heat. Add leeks and salt; cook, stirring occasionally, until leeks are softened and browned. Add garlic; heat for 1 minute. Place broth, tomatoes, red pepper, thyme, paprika, and black pepper in saucepan. Bring to a boil, reduce heat, and simmer covered for 15 minutes.

Stir in honey and lemon juice. Place soup in blender or food processor container and blend until smooth. Blend in batches if necessary. Return soup to pot and heat for 5 minutes.

To make Parmesan crisps, preheat oven to 350 F (180 C). Line baking sheet with parchment paper or silicone baking mat. Mound tablespoonfuls of cheese at least 2 in (5 cm) apart. Gently flatten out mounds with back of a spoon, making sure rounds are not touching each other. Bake until cheese is melted and slightly

golden, about 6 minutes. Remove from oven and do not disturb until completely cooled and firm to the touch, about 20 minutes. Using thin spatula or knife, carefully lift crisps from baking sheet.

Divide soup among serving bowls and top each with Parmesan crisps.

Serves 6.

Each serving contains: 174 calories; 11 g protein; 8 g total fat (4 g sat. fat, 0 g trans fat); 16 g total carbohydrates (8 g sugars, 2 g fibre); 429 mg sodium >>

