

# Red Bell Pepper Bisque

---

Ingredients:

2 tablespoons butter  
1 medium onion, minced  
1 clove garlic, minced  
1 carrot, minced  
4 roasted and peeled red peppers, chopped  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 cups chicken broth, homemade or low-sodium canned  
1/2 cup heavy cream  
1/2 cup minced fresh basil  
Optional garnishes:  
1 partially roasted red pepper, finely chopped  
1 cup toasted croutons  
1/4 cup crème fraîche or sour cream

Directions:

In a pan over medium heat, melt the butter and gently sauté the onion, garlic, and carrot, stirring to avoid burning, for 5 minutes. Reduce the heat to the lowest possible setting, stir in the bell peppers, season with salt and pepper, add the chicken broth, cover and cook until barely warm, about 5 additional minutes.

Transfer the warmed mixture to the container of a blender or a food processor and blend until smooth. Return the mixture to the pan and place over medium heat.

Stir in the cream and continue to cook, stirring frequently, until hot. Serve garnished with fresh basil, additional finely chopped bell pepper, toasted croutons or a dollop of crème fraîche or sour cream.

~ Credit: deandeluca.com