

LYONS  
**THICK  
& EASY**

# Pureed Roasted Red Pepper and Cauliflower Soup







# 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

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

## 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

## 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.