



Red Pepper Soup

Ingredients

$\frac{1}{2}$ cup plain yogurt
1 medium onion diced
3 teaspoons lemon juice
1 tbsp margarine
2 tsp minced garlic
1 cup V8 juice or tomato juice
2 cups fresh or frozen corn
 $\frac{1}{2}$ tsp cumin
3 cups low sodium vegetable broth
2 cups chopped and roasted sweet red peppers
1 tbsp chili powder

Instructions

- 1) In a saucepan over medium heat, cook onions and garlic in margarine.
- 2) Stir in vegetable juice, corn and cumin and continue to cook for five minutes.
- 3) Add mixture to a blender or food processor. Blend until mixture is coarse.
- 4) Return mixture to saucepan with all other ingredients, simmer for 7-10 minutes.

Final Step – *ENJOY!*

Serving suggestions:

Salt and pepper

Red pepper flakes

Sour cream or plain yogurt – teaspoon on top for presentation and flair

Pinch of fresh cilantro and/or scallions