

Roasted Red Pepper Bisque

This recipe makes 5-6 cups of soup



Ingredients

2 tomatoes, halved
3 red peppers, halved and seeded
1 yellow onion, quartered
2 garlic cloves, peeled and halved
2 Tbsp olive oil
2 cups veggie stock
Pinch of salt and pepper
¼ cup basil, chopped
¼ tsp Italian seasoning
¼ tsp paprika

Directions:

1. Spread the peppers, tomatoes, onion, and garlic on a parchment-lined baking sheet. Drizzle with oil, sprinkle with salt and pepper, and bake at 375°F for 45 minutes.
2. Heat a pot over medium heat and add the stock. Stir in the roasted vegetables and the remaining ingredients. Bring to a simmer and cook for 10 minutes.
3. Puree the mixture using an immersion blender, then let it cool.
4. Add parchment paper to your trays
5. Pour into your freeze-drying tray,
6. Place dividers (if you choose). We like to use 10 portions per tray
7. Freeze until frozen solid
8. Freeze dry (my cycle time was 28 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

3 portions of the 10 portions will rehydrate with ¾ cup to 1 cup of hot water. Rehydration is almost instantaneous with this soup.

Notes:

For long term storage you may want to omit the olive oil when roasting your vegetables in the oven.

Nutritional Value Per 1 cup

Calories: 130 Protein: 6 g Fat: 3 g Carbohydrates: 19 g Sugar: 16 g Fiber: 2 g