

# Creamy Roasted Red Pepper and Cauliflower Soup with Goat Cheese

## ingredients

4 red bell pepper, cut in half and seeds removed  
1 small head cauliflower, cut into florets  
1 tablespoon olive oil  
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1 onion, diced  
2 cloves garlic, chopped  
1 teaspoon thyme, chopped  
1 pinch red pepper flakes  
4 cups chicken broth or chicken stock or vegetable broth  
1 teaspoon smoked paprika  
4 ounces goat cheese, crumbled  
salt and pepper to taste

## directions

1. Place the red peppers on a baking sheet with the cut side facing down, broil until the skins are blackened, about 10 minutes, place in a sealable container and let 'steam' for 20 minutes before pinching the skins off and dicing.
2. Meanwhile, toss the cauliflower in the oil, place it in a single layer on a baking sheet and roast in a preheated 400F/200C oven until tender and caramelized, about 20-30 minutes, mixing once in the middle.
3. Heat the oil in a large pan over medium heat and cook the onion until tender, about 5-7 minutes.
4. Add the garlic, thyme and red pepper flakes and cook until fragrant, about a minute.
5. Add the roasted red peppers, cauliflower, broth, paprika and goat cheese and simmer for 10 minutes before pureeing to the desired consistency with a hand blender.
6. Season with salt and pepper and serve garnished with goat cheese.

**For Slow Cooker:** Implement steps 1 & 2, optionally implement steps 3 & 4, place everything except the cheese in the slow cooker and cook on low for 6-10 hours or high for 2-4 hours before pureeing and mixing in the cheese while the soup is still hot so that it melts.

**Option:** Use jarred or frozen roasted red peppers to save some time.

**Option:** Use a can of white beans as the thickener instead of the cauliflower.

**Option:** Replace one cup of broth with cream or milk.

**Nutrition Facts:** Calories 328, Fat 16g (Saturated 6g, Trans 0), Cholesterol 20mg, Sodium 517mg, Carbs 30g (Fiber 7g, Sugars 14g), Protein 17g

