



Spicy Red Bell Pepper Soup

Oscar · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 45 mins

Description

I love this spicy soup recipe because it uses fresh sweet red bell peppers as opposed to roasted red peppers. It's full of other fresh vegetables and thyme too, and it freezes exceptionally well. Rice is used as the thickening agent rather than cream. If you don't like a lot of spice, reduce the amount of cayenne and red pepper flakes.

Ingredients

- 1 tablespoon extra-virgin olive oil - 6 red bell peppers
- seeded and chopped - 2 yellow onions
- chopped - 2 carrots
- chopped - 2 ribs celery
- chopped - 4 cloves garlic
- chopped - 2 quarts chicken broth - ½ cup long-grain rice - 2 tablespoons chopped fresh thyme - 1 teaspoon salt - ½ teaspoon ground black pepper - ¼ teaspoon cayenne pepper - ¼ teaspoon crushed red pepper flakes

Instructions

1. Heat olive oil in a large pot over medium-high heat. Stir in bell peppers
2. onions
3. carrots
4. celery
5. and garlic; cook and stir until vegetables soft
6. about 10 minutes. Stir in chicken broth
7. rice
8. thyme
9. salt
10. black pepper
11. cayenne pepper
12. and red pepper flakes; bring to a boil. Reduce heat
13. cover
14. and simmer until rice and vegetables tender
15. about 25 minutes. Remove from heat; cool 30 minutes. Purée cooled soup with an immersion blender until smooth. Or use a blender and purée
16. in batches
17. until smooth.