



15 minute Red Pepper Soup

24 oz jar roasted red peppers, drained
1 cup fat free vegetable broth
1 1/4 cups fat free sour cream
1 1/2 cups buttermilk
1 Tb. curry powder
1/4 tsp. cayenne pepper
1 tsp. Splenda
2 cups cooked yellow corn kernels
6 green onions (with greens) thinly sliced for garnish

In a blender or food processor, place first 8 ingredients and process until smooth Pour soup into medium pan. Add corn. Cover and simmer 5 minutes. Ladle into bowls. Garnish with green onions and optional sour cream

Serves 6: 175 calories, 35 grams carbohydrates 8 grams protein 1 gram fat 3 grams fiber 406 mg. sodium

Submitted by Roz and Bob Nathan

