

I ate *weigh* too much!

I love to eat!

Some people eat to live. I'm ashamed to say I live to eat!

The cupboards in my childhood home were filled with food; we had two freezers full of meat, baked goods and vegetables, and a cellar full of preserves. We often had two kinds of meat at dinner - and that was the healthy part of the meal! Our family, and extended community of Mennonites, many of whom had experienced severe starvation fleeing the Soviets during the Second World War, had a basic motto: "We eat and therefore we are!"

After a holiday full of turkey, ham, my sister's decadent desserts, candy, snacks, more turkey, some curry, and copious amounts of wine and other spirits, my scale in our bathroom stared at me like a rabid dog on January 1st of this year.

So it feels right to start the year by eating a bit lighter and healthier. I love soup and one of my favourite recipes is this very healthy and lean Red Pepper soup. Putting left over turkey on the bottom of the bowl makes it a filling meal.

Red Pepper Soup

Ingredients:

- 12 oz – 16 oz (about a lb) of red peppers cut and seeded
- 1 small chopped onion
- 4 cups of low sodium chicken broth (any broth will do)
- 4 cups of water – or more chicken broth
- 2 – 3 tsp tomato past
- 1 – 2 gloves garlic
- 1 tsp paprika or more
- ¼ tsp cayenne or more – we like it hotter
- ¼ tsp thyme – or more
- ½ tsp basil - or more
- ½ tsp oregano
- Salt and pepper to taste
- Olive oil or Pam cooking spray

Steps:

1. Sauté onion garlic and paprika in a pot with the oil.
2. Add red peppers and season with salt and pepper, then add the rest of the ingredients and sauté until soft.
3. Pour in chicken broth and water and mix in tomato paste.
4. Purée soup in the blender (if you like it a bit chunkier you can blend less or use a hand blender).

I rarely weigh ingredients and will often put as much red pepper into the mix as I can and cover it with broth later. If it is too thick, just add more broth.

As is the case with soup, this tastes better the next day and freezes well.

We often serve red pepper soup as a meal. Place leftover rice, chicken and other veggies in the bowl first and ladle hot soup over.

(And here's another hint: Sour cream or yogurt always makes soup like this taste like heaven!)

Enjoy!

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