

Roasted Red Pepper Soup



Ingredients

- 1 large sweet onion, cut into chunks
 - 3-4 large cloves garlic, in skins but with the hard end removed
 - 2 stalks celery, chopped into 2-3 inch chunks
 - 1 pint organic grape tomatoes
 - 1 large orange and 1 large red organic bell pepper, cut into large chunks
 - 1 tsp Celtic sea salt
 - Fresh ground pepper
 - 1/2 tsp dried parsley, basil and/or other herbs (to taste)
 - Spray avocado oil
 - 1 glug extra virgin olive oil
 - 1/2 cup full-fat coconut milk, well combined
 - 1/2-1 cup vegetable broth or more to desired consistency
- Optional: 1/2 - 1 small hot pepper such as a red jalapeno

Directions

Preheat oven to 400 degrees, convection setting (if possible). On a large parchment-lined baking sheet pan, toss all ingredients except garlic. Spray with avocado oil to coat. In one corner of the pan, place your garlic cloves and drizzle with extra virgin olive oil. Pop into the oven for 25-30 minutes or until veggies are soft and browned. Remove garlic from skins and place roasted garlic into a high-speed blender along with the rest of the roasted veggies. Blend on high with coconut milk and broth until it's your desired consistency. Taste for flavors. Enjoy topped with fresh chopped basil leaves.