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ZUCCHINI & FENNEL SOUP WITH ROASTED RED PEPPER PUREE

Advanced Lifestyle

Ingredients

6 red bell peppers	1 TSP fennel seeds
1-1/2 TSP extra virgin olive oil	4-1/2 cups (1/4 inch) slices zucchini (about 1-1/2 lbs.)
1/8 TSP salt	4 garlic cloves
1/8 TSP black pepper	3 cups fat-free, less-sodium chicken broth
cooking spray	1/4 TSP salt
2 cups thinly sliced onion	1/4 TSP black pepper
3 cups thinly sliced fennel bulb (about 1 bulb)	

Instructions

1. Preheat broiler.
2. Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 20 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 20 minutes. Peel and cut into strips. Place peppers in beaker of an immersion blender; add oil. Puree until smooth. Transfer puree to a bowl. Stir in 1/8 TSP salt and 1/8 TSP black pepper.
3. Heat a large, heavy saucepan over medium-low heat. Coat pan with cooking spray. Add onion to pan; cover and cook 5 minutes or until tender, stirring occasionally. Add sliced fennel and fennel seeds to pan; cover and cook over medium-low heat 8 minutes or until sliced fennel is tender. Increase heat to medium-high. Add zucchini and garlic to pan, and cook 3 minutes, stirring constantly. Add broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until vegetables are tender.
4. Place vegetable mixture, 1/4 TSP salt, and 1/4 TSP black pepper in beaker of an immersion blender; puree until smooth.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1 cup soup topped with 1/3 cup pepper puree = 2 V