Tomato and Bell Pepper Soup



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Ingredients:

350 g	red bell pepper from Holland or Spain
4 pcs	Italian Roma tomatoes
	salt, crushed black pepper to taste
drops	olive oil
1 sprig	thyme
50 g	pearl red onion
4 cloves	garlic
150 ml	chicken broth
a little	sour cream
drops	Italian balsamic vinegar
	chopped parsley
drops	extra virgin olive oil



Workflow:

- Place the bell peppers, Roma tomatoes on the baking tray, sprinkle with salt, crushed black pepper and olive oil, Preheat Bosch Steam Oven with 4D HotAir 150°C then bake for about 30 minutes.
- 2. Remove and place the peppers in a bowl, cover with cling wrap and let it cool, peel the skin and remove the seeds.
- 3. Add the pepper, Roma tomatoes, thyme leaves, red pearl onions and garlic into the chicken broth and bring to a boil. Purée the soup with a hand blender. Reheat the soup, add salt and crushed black pepper to taste.
- 4. Add sour cream, Italian balsamic vinegar, chopped parsley and extra virgin olive oil on top of the soup and serve.

TIP:

Red bell peppers from Holland or Spain are ideal due to their thick texture and sweetness, which gives the dish an excellent flavour.

Setting procedure:

4D HotAir 150°C

Cooking time: 30 mins (Preheated oven)

4D HotAir

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