

SPICY HUMMUS SOUP



INGREDIENTS

- 2 C Red peppers (roasted) (drained)
- 1 1/2 C Hummus
- 4 C Trader Joe's vegetable broth
- 2 T Tomato paste
- 2 pinches Cayenne pepper
- 2 t Trader Joe's smoked paprika (plus some to use as a garnish)
- 2 t Agave or Honey
- Salt & pepper (to taste)

DIRECTIONS

- 1 In a food processor combine the roasted peppers, hummus & vegetable stock
- 2 Blend until the peppers are pureed & the mix is smooth
- 3 Pour the mix into a 3 qt pot & add the cayenne pepper, smoked paprika & the agave or honey
- 4 Bring the mix to a boil & then reduce to a simmer
- 5 Taste & adjust the seasonings
- 6 Serve hot (Makes 4 - 6 servings)

NOTES

- 1 If you can't find kosher roasted peppers where you live, then visit our **'Make It Yourself'** directory
- 2 There are many choices for hummus including roasted red pepper, garlic & zero fat
- 3 You can add shredded chicken or turkey to the soup
- 4 Can serve over couscous **OR** your choice of cooked grain (quinoa, basmati rice, brown rice, etc.)
- 5 Garnish with parsley & any left over roasted red peppers



Has mayo



No mayo



Zero Fat

All products shown are kosher

