

Low-Point Creamy Roasted Red Pepper Soup

Ingredients:

- 2 Tbs Land O Lakes Light Butter (with canola)
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 3 garlic cloves, chopped; or 1 tsp. garlic powder
- 1/2 Tbs dried basil leaves
- 1/4 tsp. thyme
- 6 cups chicken broth
- 2, 12 oz. jars roasted red peppers preserved in water, drained
- 1 large potato, peeled and chopped
- 1/2 cup dry white wine (and maybe another cup for yourself :)
- 1 Tbs Splenda granulated sugar substitute
- salt and pepper to taste
- Mascarpone cheese, optional
- Store-bought croutons, optional

Heat butter in a large pot over medium-high heat. Add onions, carrots, garlic, basil, and thyme. Sauté until onions are translucent (about 5 minutes). Add broth, red peppers, potatoes, wine, and sugar. Bring to a boil and decrease heat. Partially cover and simmer until the potatoes are very tender, stirring occasionally, about 25 to 30 minutes. Cool soup slightly. Working in small batches, add soup to a blender and puree until all soup has been blended. Season with salt and pepper. Ladle soup into bowls and add 1 tablespoon of mascarpone in the center of each bowl along with 6 (or less) croutons, if desired. Enjoy!

Total servings - 9 cups

Serving size - 1 cup

Points per serving - 1.4 for soup only; 2.1 for soup and 6 croutons; 3.8 for soup, croutons and mascarpone

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Nothing is too much trouble, if it turns out the way it should."
- Julia Child***

