

# Roasted Red Pepper Soup

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-roasted-red-pepper-soup-recipe>

## Ingredients:

- 3 cups almond milk
- 1 1/2 cups roasted red peppers I used about 5 red bell peppers
- 1 cup water
- 2 carrots chopped
- 2 garlic cloves minced
- 1 teaspoon smoked paprika
- 1/4 teaspoon chili powder
- 1/4 cup minced onion

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Fat: 4 grams
4. Fiber: 2 grams
5. Protein: 7 grams
6. Sodium: 840 milligrams
7. Sugar: 7 grams

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