

Roasted Red Pepper Soup

- 4 red bell peppers, roasted as below, then quartered
- 1 T olive oil
- 2-3 garlic cloves, minced
- 1 red onion, chopped
- 3 c homemade chicken broth
- sea salt and freshly ground black pepper
- 2 T finely minced parsley

Preheat oven to 400F. Place whole peppers on a baking sheet covered with parchment paper, and roast for about 15 minutes. Turn peppers, and continue roasting about 15 more minutes, until skin wrinkles and blackens in spots. Remove from baking sheet, and place in a paper bag or a bowl. Seal the bag or cover the bowl, and let stand until peppers are cool enough to handle. Remove skin and seeds.

In a large saucepan, heat oil over medium heat. Add garlic and onions. Sauté over medium-low heat, covered, stirring occasionally until onions are very soft, about 8 minutes. Stir in roasted peppers and continue cooking for a few minutes. Using a blender, combine the pepper mixture with the broth, and blend smooth. Cover and cook over medium heat, for 10 minutes. Season to taste. Serves 6.

Brussels Sprout Chips

- 1 lb [Brussels sprouts](#)
- olive oil spray
- sea salt

Preheat oven to 400F.

Trim about 1/4 inch from the stem end of brussels sprouts. Peel leaves to separate. When brussels sprouts become difficult to peel, trim off another 1/4 inch from stem and continue removing leaves; discard cores. Rinse leaves and dry well.

Lay out Brussels sprout leaves on a large baking pan covered with parchment paper. Lightly spray with olive oil, and sprinkle on a little sea salt. Roast for 10 minutes, remove leaves as they get a bit brown and crispy. Continue roasting until they are all done, checking every few minutes. Serve as a snack or as a garnish.

Jittery Cook