



**Makes 8 cups**  
**Preparation Time: 30 minutes**  
**Cook Time: 15 minutes**

**INGREDIENTS:**

4 large tomatoes, cut into large pieces (5 cups)

3 medium red bell peppers, cut into large pieces (3 cups)

1 medium onion, cut into large wedges

3 cloves garlic

4 ounces uncooked penne, orecchiette, or other short-cut pasta (2 cups cooked)

6 ounces green beans, cut into ½-inch pieces (1 cup)

2 medium carrots, cut into ½-inch dice (1 cup)

1 cup frozen green peas, thawed (5 ounces)

1 tablespoon white wine vinegar

1 teaspoon fresh oregano, finely chopped

¼ teaspoon sea salt

⅛ teaspoon freshly ground black pepper

1 cup unsweetened, unflavored plant milk, warmed in the microwave

1 tablespoon fresh parsley, finely chopped

## Roasted Tomato and Red Pepper Soup

This bold, satisfying Roasted Tomato and Red Pepper Soup is the perfect meal to brighten a dreary winter day. Tomatoes and red bell peppers are roasted then blended for a full-bodied base with a resplendent red hue.

<https://www.youtube.com/watch?v=nO7G9JUd0Ys>

By Darshana Thacker Wendel

- 1 Preheat oven to 425°F. Line a baking sheet with parchment paper.
- 2 Place tomatoes, bell peppers, onion, and garlic on the baking sheet. Bake for 20 to 30 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Add pasta, green beans, and carrots. Cook according to pasta's package instructions. Add peas 2 minutes before pasta is done. Drain pasta and vegetables. Set aside.
- 4 Transfer the roasted tomatoes, bell peppers, onion, and garlic to a blender. Add vinegar, oregano, salt, black pepper, and 1 cup water. Blend into a smooth soup.
- 5 Transfer blended soup to a pot. Bring to a boil. Add milk, pasta, green beans, peas, and carrots. Cook 3 to 4 minutes, until soup is heated through.
- 6 Serve soup hot, garnished with parsley.