



# Low FODMAP Sweet Red Pepper Soup

PREP IN 10 MIN COOKS IN 40 MIN SERVES 4

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This creamy low FODMAP red capsicums soup combines rich tomato flavours with the sweetness of roasted red capsicums, carrot and parsnip! My friend who isn't a fan of red capsicums loved this soup. Serve this soup with a side of low FODMAP bread.

**Please note this recipe is currently being redeveloped to bring it in line with new Monash University recommendations.**

## Method

1. Preheat the oven to 200°C (390°F) on bake function. Deseed and cut the red capsicums into strips. Peel and cut carrot and parsnip into small bite sized chunks. Place the parsnip, carrot, and red capsicums in a roasting tray. Drizzle in neutral oil and season with salt and pepper. Toss so the veggies are well coated. Place in the oven and roast for 20 to 25 minutes until golden and soft. Toss once while cooking.
2. Once the veggies are roasted, either transfer them to a blender (if using) or a large saucepan. Add half of the low FODMAP stock and the crushed tomatoes. Blend until smooth using a blender or stick blender. If needed transfer the soup back into the large saucepan. Place the saucepan over medium heat. Stir through the other half of the low FODMAP stock, garlic infused oil, paprika and season with salt and pepper. Allow the soup to heat through.
3. Heat the low FODMAP gluten free bread in the oven for five minutes until warm.
4. Serve the sweet pepper soup with the crunchy bread. Season with salt and pepper as desired. Sprinkle the soup with parsley if using. Limit the bread to 2 slices per person (1 bun).
5. Enjoy!
6. **Storage Note:** This soup freezes well. You can either reheat on a stovetop or in a microwave until warm.

## Ingredients

### Sweet Red Pepper Soup

**2** red capsicum (deseeded & cut into strips)

**240 g (2 large)** carrot (peeled & chopped)

**240 g (2 medium)** parsnip (peeled & chopped)

**1 tbsp** neutral oil (rice bran, canola, sunflower)

**400 g** plain tomatoes canned\*

**1 tbsp** garlic infused oil\*

**1000 ml (4 cups)** low FODMAP chicken stock/vegetable stock (GF as needed)\*

**2 tsp** paprika\*

**Season with** salt & pepper

**3 tbsp** fresh parsley (optional for serving)

**8 slices** gluten free bread\*

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