



TOMATO ROASTED PEPPER SOUP

Ingredients:

- 1 medium onion, chopped
- 1 T olive oil
- 1 T good dry red wine
- 5 ea. large ripe tomatoes, in chunks
- 2 roasted red bell peppers, chopped
- 1 clove fresh garlic, chopped
- 1 bay leaf
- 1 cup boiling filtered water or vegetable stock
- 2 T fresh basil, chopped
- Salt to taste

Directions: Heat the onions in the olive oil in the bottom of your pressure cooker over medium heat, until browned. Add the red wine, and stir constantly until it reduces. Add the tomato chunks, peppers, garlic, bay leaf., and the boiling water or stock. Lock the cover into place and bring up to full pressure. Lower heat so as just to maintain pressure and cook for four minutes. Turn off the heat. Release the pressure by running the pot under cold water, then release the lid. Fish out the bay leaf, and blend in small batches, or, better yet, use a food mill (which will remove the tomato skins and seeds). Chill thoroughly before serving (or serve hot). Garnish with fresh basil. Serve in small bowl or shot glasses, either as an appetizer or between courses.

This is a variant of a recipe in Lorna Sass' Vegetarian Cooking Under Pressure. Pressure cookers are great ways to prepare food without heating up the kitchen — things just cook so quickly, and many nutrients are preserved. Pressure cookers come with detailed instructions, as well as recipes. I got mine inexpensively many years ago —keep an eye out for sales.

*Joyful cooking.
Healthy eating.*

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