

Roasted Fennel, Red Pepper, and Tomato Soup

Ingredients

- 2 medium fennel bulbs, thinly sliced
- 1 red bell pepper, chopped
- 1 14.5 ounce jar petit diced tomatoes with roasted garlic
- non-stick cooking spray
- 4 cups chicken stock
- salt & pepper
- 2 cups pre-cooked rice

Preparation

Pre-heat the oven to 400 degrees. Place the thinly sliced fennel and red bell pepper into a 9x13 glass baking dish, sprayed with cooking spray. Slightly drain the jar of tomatoes, and scatter around the fennel and bell pepper. Sprinkle with salt and pepper. Roast the vegetables in the oven for about 45-60 minutes, or until the fennel is really soft.

Place the vegetables with the chicken broth in a blender - you may have to do this in two batches (use half the chicken stock and half the vegetables) and puree until smooth. Add the cooked rice, and season with salt and pepper as necessary.