



Roasted Feta Soup

6 servings

- 1 (8 oz.) block feta cheese
- 1 red bell pepper, scrubbed with clean vegetable brush under running water, sliced into chunks
- 4 tomatoes, gently rubbed under cold running water, chopped
- 1 onion, scrubbed with clean vegetable brush under running water, chopped
- 2 sprigs of fresh rosemary, gently rubbed under cold running water
- 1 garlic bulb, sliced at the top
- 1 Tablespoons olive oil
- Salt and pepper to taste
- 4 cups low sodium vegetable broth



- 1. Wash hands with soap and water.
- 2. Preheat oven to 400°F. Line a large baking sheet with parchment paper.
- 3. Place the feta, peppers, tomatoes, onion, rosemary, and garlic on the prepared baking sheet pan. Sprinkle with olive oil. Season with salt and pepper if desired.
- 4. Bake for 45 minutes, or until the vegetables are tender and feta cheese is golden on top.
- 5. Remove from the oven and set aside until cool enough to handle.
- 6. Squeeze the softened garlic cloves out of their skins. Remove and discard rosemary stems.
- 7. Transfer everything to a blender and add broth. Blend for 2 minutes, or until smooth and creamy.
- 8. Transfer to a medium saucepan and heat through.
- 9. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1 cup): Calories 170, Total Fat 11g, Saturated Fat 5g, Cholesterol 35mg, Sodium 500mg, Total Carbohydrate 12g, Dietary Fiber 3g, Sugars 4g, includes 0g Added Sugars, Protein 7g, Potassium 6%, Vitamin D 0%, Calcium 15%, Iron 6%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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