

## 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%.