Sweet Peppers Soup

Makes 4 to 6 servings

From Moosewood Restaurant Cooks at Home

2 c. chopped onions

2 Tbsp. butter or vegetable oil

6 c. chopped red and green bell peppers (about 6 peppers)

2 c. water or vegetable stock

1 c. sour cream

1/3 c. chopped fresh dill

2 Tbsp. fresh lemon juice

salt and ground black pepper to taste

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seasoned croutons (optional)

In a covered soup pot, sauté the onions on medium heat in the butter or oil for aout 3 minutes, until barely softened. Add the bell peppers and cook, covered, until just soft, stirring occasionally. In a blender or food processor, whirl the cooked onions and peppers with the water or stock, sour cream, dill, and lemon juice. Don’t over-process; small pieces of peppers should remain. Return the soup to the pot and gently reheat, adding salt and pepper to taste. Serve topped with croutons, if you wish.

Mexican variation: Omit the dill and croutons. Saute 1 tsp. ground cumin, 1 tsp of ground coriander, and ¼ tsp cayenne with the onions and peppers. Serve topped with chopped fresh cilantro and crumbled tortilla chips.