

## **Vampire's Broth**

### **Ingredients**

225g/9oz red pepper, cut into thick strips

2 tablespoons olive oil

100g/4oz red onion, chopped

1-2 cloves garlic, crushed

2 x 400g cans chopped tomatoes in tomato juice

1½ teaspoons sugar

2 tablespoons tomato ketchup

300ml/12fl.oz vegetable stock

2 teaspoons Loprofin Low Protein Mix

200ml carton SnoPro Low Protein Milk – may need to count as exchanges

Salt and pepper, to taste

### **Method**

1. Place the strips of pepper skin side up on a baking tray under a preheated grill (the grill should be at a high heat), until the skin has blackened and blistered.
2. Put the peppers into a polythene bag to sweat, until cool. Peel off the skins and chop the flesh.
3. Heat the olive oil in a large saucepan, add the chopped onion and garlic and fry for 5 minutes over a moderate/low heat until softened.
4. Add the chopped peppers, chopped tomatoes in juice, sugar, ketchup and stock to the pan, bring to the boil, stirring.
5. Reduce the heat, cover and simmer for 10 minutes.
6. Combine the Loprofin Low Protein Mix with a little water to give a smooth paste and stir into the soup with the SnoPro Low Protein Milk and seasonings to taste. Reheat, stirring.
7. Serve with homemade low protein garlic bread or croutons.

This recipe was provided by Nutricia Metabolics