

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Carrot and Red Pepper Soup

2 Tbls. olive oil

1 red bell pepper, cut into 1-inch pieces

2 cups diced onion

1 pound carrots, thinly sliced

2 Tbls. brown rice

Salt and freshly milled pepper

1 Tbls. chopped parsley

3 Tbls. chopped dill or 1 1/2 Tbls. dried

Grated zest and juice of one orange

6 cups water or vegetable stock



Put the olive oil in a soup pot and add the pepper, onion, carrots, rice and 1 teaspoon salt. Cook over medium heat, covered, until the onion has softened completely, about 10 minutes, stirring several times. Add a grind of pepper, the parsley, dill, orange zest, juice, and water. Bring to a boil, then simmer, partially covered, until the rice is cooked, about 25 minutes. Cool briefly, then puree all but a cup or two of the soup and return it to the pot. Taste for salt, season with pepper, garnish and serve.

***Recipe taken from, *Vegetarian Cooking for Everyone*, by Deborah Madison.***