

Healthy Recipe: Cold Roasted Red Pepper Soup

Although it is good hot, we like this soup best chilled.

September 30, 2022 By Cook for Your Life

This summery lycopene-rich soup uses sweet red bell peppers to their best advantage. Although it is good hot, we like this soup best chilled. Serve it with a salad and some crusty whole-grain bread for a perfectly refreshing, chemo-friendly, light summer meal.

Ingredients

- 1 pound vine-ripened tomatoes, quartered
- 2 large red peppers, seeded and cut into 2 inch slices
- 2 tablespoons olive oil, divided
- Salt and pepper, to taste
- 1 yellow onion, chopped
- 2 cloves of garlic, minced
- ½ teaspoon ground coriander
- Juice from ½ a lemon
- Chopped fresh mint

Directions

1. Preheat the oven to 350 degrees.
2. In a large bowl, toss the tomatoes and red peppers with 1 tablespoon of olive oil, salt, and pepper until coated with oil. Transfer to a baking sheet. Cook until the vegetables are browned in spots and tender, about 30 minutes.
3. Meanwhile, in a sauté pan, heat the remaining 1 tablespoon of olive oil. Add the onions and garlic, and cook until the onions have turned translucent, about 7-10 minutes. Add the coriander, and

cook stirring for 1 minute. Turn off the heat and let sit until the roasted tomatoes and peppers are done.

4. Puree the onion mixture with the roasted tomatoes and pepper, along with ½ to 1 cup of water. Puree until smooth.
5. Let the soup sit at room temperature uncovered for about 30 minutes then chill in the refrigerator for at least 2 hours. Stir in lemon juice and chopped mint and serve cold.

Chef Tips

If you like peppers but find them a little difficult to digest, roast just the tomatoes in step 2, and use the same method to prepare and skin the peppers as in our [Marinated Roasted Peppers recipe](#).

Nutrition Facts (per serving)

Calories: 125; Fat: 7g; Saturated Fat: 1g; Polyunsaturated Fat: 1g; Monounsaturated Fat: 5g; Carbohydrates: 14g; Sugar: 8g; Fiber: 4g; Protein: 3g; Sodium: 565mg

Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for Clinical Practice, 2nd Ed.](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [Academy of Nutrition and Dietetics](#), and the [American Institute for Cancer Research](#) and the [American Cancer Society](#).

This recipe was originally published on [Cook for Your Life](#). It is used by permission.

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.cancerhealth.com/article/healthy-recipe-cold-roasted-red-pepper-soup>