

Roasted Bell Pepper Dressing – Vegan – SOS

Prep Time: 5 minutes
Cook Time: 25 minutes
Total Time: 30 minutes

Yield: 2 cups
Serving Size: 8
Calories per serving: 17.8
Fat per serving: 0.1 grams

'Bravo!', by Ramses Bravo, p-73.

Ingredients

- 2 large bell peppers (red, yellow, or both), halved, stemmed, and seeds and veins removed
- 1/2 cup vegetable broth (preferably homemade)
- 5 sprigs cilantro, with stems
- 1/2 shallot, peeled
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
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Instructions

1. Preheat the oven to 350° F. Line a rimmed baking sheet with parchment paper.
2. Put the peppers cut-side down on the lined baking sheet and roast about 20 minutes, until the skins are browned. Let cool. When cool enough to handle, remove and discard the skins.
3. Put the peppers, broth, cilantro, shallot, coriander, and cumin in a blender and process on high speed until smooth.
4. Stored in a sealed container in the refrigerator, the dressing will keep for 3 days.

Notes

Nutrition facts (per serving-1/4 cup): Calories: 17.8, from fat: 0, total fat: 0.1g, cholesterol: 0mg, sodium: 5.6mg, total carbohydrate: 1g, fiber: 0g, sugar: 0g, protein: 0.6g.