

Romesco Soup

Pampered Chef
Independent Consultant

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Ingredients

Canola oil for spritzing
¼ cup (50 mL) sliced almonds
1 medium onion
½ tbsp (7 mL) canola oil
3 garlic cloves
1 jar (24 oz or 660 g) roasted red peppers, drained
1 can (15 oz or 398 mL) tomato sauce
6 oz (175 g) fresh spinach leaves
½ tsp (2 mL) salt
½ tsp (2 mL) smoked paprika
¼ tsp (1 mL) black pepper
2 cups (500 mL) water
½ cup (125 mL) Israeli couscous
1 cup (250 mL) unsweetened almond milk

Method

Place the almonds in the Rockcrok® Dutch Oven and use the Kitchen Spritzer to spray them with oil. Microwave, uncovered, on HIGH for 5 minutes. Set aside.

Cut the onion into chunks. Place them into the Manual Food Processor and process until coarsely chopped.

Heat the oil in the Dutch oven over medium heat for 3–5 minutes, or until it's shimmering. Add the onion and garlic pressed with the Garlic Press. Cook for 3–5 minutes, or until the onions are softened, stirring occasionally.

Working in batches, place the red peppers into the Manual Food Processor and process until coarsely chopped.

Add the peppers, tomato sauce, spinach, salt, paprika, black pepper, and water to the Dutch oven. Increase the heat to medium-high and bring to a simmer.

Add the couscous. Cook, covered, for 8–10 minutes, or until the couscous is tender. Remove from the heat, stir in the almond milk, and top with the toasted almonds.

Yield:

6 servings

Nutrients per serving:

U.S. Nutrients per Serving (about 1½ cups/375 mL): Calories 160, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 640 mg, Carbohydrate 26 g, Fiber 7 g, Sugars 3 g, Protein 4 g

Cook's Tips:

Romesco is a Spanish sauce that's traditionally made from ground peppers, garlic, and almonds. Think of it as Spain's answer to Italian pesto.

Take it slow: To make this recipe in the Rockcrok® Slow Cooker Stand, complete step 1 as directed. Then add all the ingredients except the couscous and almond milk to the Dutch oven. Cook, covered, on HIGH for 3 hours or LOW for 6 hours, stirring occasionally. Before serving, transfer the Dutch oven to the stove and bring to a simmer over medium-high heat. Complete step 6.



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4.9 ★★★★★

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