

RECIPES FOR THE ROAD — FALL SERIES

FLORIDA TOMATO AND SWEET PEPPER SOUP

RECIPE CREATED BY:
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INGREDIENTS (SERVES 6)

- 6 large Florida tomatoes, cores removed and quartered
- 3 large Florida red bell peppers, seeds and stem removed, chopped rough
- 1 large Florida onion, peeled and chopped rough
- 2 tablespoons fresh garlic, chopped
- 1 tablespoon olive oil
- 4 cups low sodium vegetable or chicken broth
- 1 tablespoon all-purpose seasoning blend (such as Everglades)
- 1/2 teaspoon smoked paprika
- Sea salt and fresh ground pepper, to taste
- Plain yogurt or sour cream for garnish

PREPARATION

Place a large soup pot over medium-high heat and add olive oil. Carefully add the peppers and onions and cook for 10 minutes while stirring occasionally. The peppers and onions should have some good caramelization and color on them from cooking. Add the garlic, tomatoes, seasoning blend and smoked paprika. Stir ingredients and continue cooking for another 3 to 4 minutes. Add the chicken or vegetable broth and stir. Bring ingredients to a quick boil and reduce heat to a simmer. Cook ingredients for another 10 minutes. Remove the soup pot from the heat. Using an immersion blender, carefully blend the soup until creamy and smooth. Once the soup has reached the desired consistency, taste it and adjust seasoning with salt and pepper. Serve soup warm with a garnish of plain yogurt or sour cream.

Fresh Tip: If you don't have an immersion blender, you can use a countertop blender working in small batches at a time. Always be careful blending hot liquids.



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8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference!

RECIPE FOR SAFE DRIVING

INGREDIENTS

(SERVES ALL ROAD USERS)

1 whole, undivided calm mind

1 well-maintained vehicle with functioning lights and signals

1 seatbelt per person, buckled

A dash of "Do Not Disturb" auto replies

Sprinkle of your favorite playlist

PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



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