

# Mediterranean Roasted Pepper and Tomato Soup with Cucumber Mint Yogurt

*A vibrant, blood sugar-friendly soup featuring fiber-rich vegetables and cooling yogurt. Enjoy hot or chilled for steady energy without the spike.*

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 4

GL 5.5 / GI 25

## Ingredients

**plus extra for drizzling** extra virgin olive oil

yellow onions, finely sliced

carrot, finely chopped

red bell peppers, roughly chopped

garlic cloves, thinly sliced

fresh red chili pepper, sliced

canned chopped tomatoes

low-sodium vegetable stock

plain Greek yogurt

cucumber, halved and deseeded

fresh mint leaves, chopped

# Instructions

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## Step 1

Heat the olive oil in a large heavy-bottomed saucepan over medium heat. Add the sliced onions, chopped carrot, and red peppers to the pan. Cook gently for 15 minutes, stirring occasionally, until the vegetables soften and begin to caramelize slightly.

## Step 2

Add the sliced garlic and chili pepper to the softened vegetables. Continue cooking for 2-3 minutes until fragrant, stirring frequently to prevent the garlic from burning.

## Step 3

Pour in the canned chopped tomatoes and 800ml of the vegetable stock. Stir well to combine all ingredients. Bring the mixture to a gentle boil, then reduce heat and simmer uncovered for 10-15 minutes until all vegetables are completely tender.

## Step 4

While the soup simmers, prepare the cucumber yogurt topping. Coarsely grate the cucumber half, then squeeze firmly in a clean kitchen towel to remove excess water. In a small bowl, combine the squeezed cucumber with Greek yogurt and chopped mint. Season with a pinch of salt and pepper, then refrigerate until serving.

## Step 5

Once the vegetables are fully tender, remove the soup from heat. Using an immersion blender, puree the soup until completely smooth and velvety. If the consistency is too thick, add the remaining 100ml of stock gradually until you reach your desired texture.

## Step 6

Return the blended soup to medium-low heat and warm through for 2-3 minutes. Taste and adjust seasoning with salt and freshly ground black pepper as needed.

## Step 7

Ladle the hot soup into four serving bowls. Top each portion with a generous dollop of the cucumber mint yogurt and finish with a drizzle of extra virgin olive oil. For blood sugar management, eat the yogurt topping first, then enjoy the soup slowly. This can also be served chilled as a gazpacho-style dish.

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