



Crushed Red Pepper

Crushed red peppers, also known as red pepper flakes or “pizza pepper”, have become a must in every kitchen. This spice is made up of a combination of red chili pepper types. Ancho, bell, cayenne and other peppers can all be part of the dried and ground pepper mix. These chilies are about a 3 to 4 on a heat scale of 1 to 10.

Many people think of crushed red pepper as a simple spice. It's a pizza topping, stored alongside the oregano and Parmesan cheese shakers, or an afterthought, something to shake on dishes that have turned out a little bland. However, the health benefits of crushed red pepper extend beyond its use as a flavoring. These peppers contain a compound called capsaicin, which can help boost metabolism, decrease hunger and decrease pain. *(Info from various sources.)*



682200 6/12 oz.
682242 3/4#

Red Pepper Soup

Prep: 35 min. **Cook:** 20 min. + cooling

- 6 medium sweet red peppers, chopped
- 2 medium carrots, chopped
- 2 medium onions, chopped
- 1 celery rib, chopped
- 4 garlic cloves, minced
- 1 tablespoon olive oil
- 2 cans (one 49-1/2 ounces, one 14-1/2 ounces) chicken broth
- 1/2 cup uncooked long grain rice
- 2 tablespoons minced fresh thyme *or* 2 teaspoons dried thyme
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/8 to 1/4 teaspoon cayenne pepper
- 1/8 to 1/4 teaspoon crushed red pepper flakes



In a large Dutch oven or soup kettle, sauté red peppers, carrots, onions, celery and garlic in oil until tender. Stir in the broth, rice, thyme, salt, pepper and cayenne; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until the vegetables and rice are tender. Cool for 30 minutes. Puree in small batches in a blender; return to pan. Add red pepper flakes; heat through. Yield: 10-12 servings