

Roasted Red Pepper Soup with Chicken and Brown Rice



Ingredients:

6 cups chicken stock
3 roasted red bell peppers, chopped
2 cups cooked chicken, diced
2 cups cooked brown rice
1 16-ounce container of hummus
1/4 cup chopped fresh parsley
2 tablespoons salt
2 tablespoons black pepper
Siracha sauce

Directions:

- 1) Place the chicken stock, peppers and hummus into a soup pot and using an immersion blender, blend the ingredients until they are smooth.
- 2) Stir in the chicken, rice, parsley, salt and pepper and heat on medium heat until warmed through.
- 3) To serve, ladle the soup into bowls and drizzle the Siracha sauce on top.