

## Raw Tomato Red Bell Pepper Soup

(Recipe by Radha Sukhani)

### Ingredients: Serves 4-6

- Six to eight medium tomatoes (seeded and cut in cubes)
- One red bell pepper (medium) seeded and cubed
- Half orange or yellow bell pepper seeded and cubed. If not available, use little more red pepper. (Note: Green bell pepper if eaten raw irritates the stomach)
- 4-5 walnut halves or 8-10 cashews or 8-10 blanched almonds
- Two cloves garlic (Optional)
- Half teaspoon cumin seeds
- Four to 5 sundried tomatoes soaked in water for a half-hour or 4-5 olive oil marinated sundried tomatoes
- Red Chili powder to taste
- ½ teaspoon cumin powder
- One tablespoon lime or lemon juice
- One tablespoon of extra virgin olive oil or golden sesame oil
- Salt to taste
- Four cups of hot water

### Garnish

- Black Pepper powder
- Few sprigs of fresh coriander
- Toasted walnut pieces

### Directions

1. In a high-speed blender, blend all the ingredients except hot water until smooth.
2. Just before serving (plating) add hot water and whisk few times).
3. Garnish with cilantro leaves and toasted walnuts and sprinkle black peppercorn powder to taste.
4. Serve the soup immediately after adding warm water.

(Note: Never warm or heat raw soups as they will lose the texture. Eat them cold or warm and never hot)