

Smoky Autumn Vegetable–Romesco Soup

Method: Claypot Oven | **Serves:** 6 | **Total Time:** ~55 minutes

Protein Flip™ Ratio: 18 g Protein / 10 g Fiber per serving

Classification:  Plant-Forward, Portion-Smart, Protein Flip™ Approved

Description

This autumn-inspired soup captures the essence of the **Protein Flip™ philosophy** — balanced, plant-forward, and deeply nourishing. Smoky roasted vegetables blend with a richer, almond-forward romesco base to create warmth and body without heaviness. A scoop of Unjury adds a light protein boost, while a swirl of Greek yogurt and a sprinkle of toasted almonds bring creamy contrast and crunch. Every spoonful delivers roasted sweetness, fiber-rich satisfaction, and smooth balance — fall comfort reimaged through the Protein Flip™ lens.



Recipe:

Ingredients:**Red Pepper–Almond Sauce (Romesco Base)**

2 red bell peppers, stemmed, seeded, and quartered
1 tbsp vegetable oil
5 tsp sherry vinegar
1 garlic clove, minced
¾ tsp table salt, plus more to taste

⅓ cup toasted whole almonds:

2 tsp toasted sesame oil
½ tsp smoked paprika
Pinch cayenne pepper
1–2 tbsp water, to loosen if needed

Smoky Autumn Vegetable Soup:

4–5 cups sliced autumn vegetables: sweet potatoes, delicata or acorn squash (½" slices), zucchini (½" diagonals), carrots (thin coins), onions (½" wedges), red bell pepper strips
1 tbsp olive oil
1 tsp smoked paprika
Salt, pepper, to taste
1 cup Red Pepper–Almond Sauce (from above)
1 can (15 oz) fire-roasted or stewed tomatoes
1 can (15 oz) cannellini beans, drained and rinsed
3–4 cups vegetable broth (start with 3)
1 scoop Unjury Unflavored Protein Powder

Garnish:

Crème fraîche, Greek yogurt, or labneh
Toasted chopped almonds (1 tbsp per serving)
Fresh parsley and chili flakes, for topping

Directions:**Preheat the Claypot Oven**

Preheat your **Magnifique Claypot Oven** to **425°F** for about 10–15 minutes so the ceramic walls heat evenly.

Grill the Red Peppers

Toss the **quartered red bell peppers** with **1 tbsp vegetable oil**.

Grill over a hot flame **skin side down** until well charred.

Transfer to a bowl, cover with foil or a towel, and steam for **5 minutes** to loosen skins.

Make the Red Pepper-Almond Sauce

While the peppers rest, whisk together **sherry vinegar, garlic, and salt** in a bowl; let sit 5 minutes.

In a food processor, finely chop **toasted almonds**. Add **sesame oil, smoked paprika, cayenne, vinegar mixture, and roasted peppers**.

Blend until smooth, adding **water** as needed to loosen. Season to taste with salt.

Roast the Autumn Vegetables

Spread **sliced vegetables** in a single layer inside the claypot.

Drizzle with **olive oil**, season with **smoked paprika, salt, and pepper**, and toss to coat.

Roast **uncovered for 15-20 minutes**, stirring once, until caramelized and golden.

Cool Slightly Before Blending

Remove claypot and let cool for **3–5 minutes**, until warm but not boiling (~150°F).

Ladle out **1 cup of warm broth** into a small bowl and let cool.

Add the Protein Smoothly

Whisk **1 scoop of Unjury protein powder** into the cooled broth until completely smooth.

Pour this mixture back into the claypot, then blend everything with an **immersion blender** until silky.

Add more broth for a thinner consistency, if desired.

Protein Flip™ Tip: Add protein powder only *after* active cooking (removed from heat) to preserve texture and avoid clumping.

Season & Serve

Taste and adjust seasoning with salt, pepper, or a small splash of sherry vinegar for brightness.

If needed, rewarm gently at **300°F for 5 minutes** (do not boil).

Ladle into bowls, garnish with **crème fraîche or labneh, toasted almonds, parsley, and chili flakes**.

Protein Flip™ Summary

Protein: ~22g per serving

Fiber: ~9.5g per serving

Protein Mix: ~70% plant-based (beans, almonds, vegetables) / 30% whey isolate + dairy garnish

Texture & Flavor: Deeply roasted, nutty, and silky with a smoky-sweet finish

PF Classification: *Balanced Protein. Better Living. Healthier Planet.*

Chef's Notes

Technique: Slicing the vegetables instead of cubing increases their surface area, enhancing caramelization and visual appeal on camera.

Flavor Depth: The claypot oven captures subtle smoke and earthy sweetness you can't replicate on a stovetop.

The romesco base: This romesco-style sauce is smoky, nutty, and tangy — it forms the backbone of your soup.

Texture: The combination of beans, almonds, and protein powder gives the soup a naturally creamy mouthfeel — no cream required.

Finishing Touch: Toasted almonds on top add natural crunch, aroma, and a boost of plant protein - a visual and nutritional win.

Protein Flip™ Highlights

Protein: ≈ 18 g per serving | **Fiber:** ≈ 10 g per serving

Protein Composition: ~70% plant-based (beans, almonds, vegetables) / 30% whey + dairy (yogurt garnish)

Balanced Approach: Builds satiety and strength from both plant and dairy proteins, supported by high-fiber vegetables for digestive balance and sustained energy.

Outcome: Smooth, smoky, and restorative — a seasonal soup that nourishes the body and comforts the senses.

Tagline: *Balanced Protein. Better Living. Healthier Planet.*