

Hearty Stuffed PEPPER SOUP

This Hearty Stuffed Pepper Soup recipe brings all your favorite ingredients found in classic Stuffed Peppers to a steamy pot of soup!



STEPS:

- Wash all produce before cooking.
- Bring 6 cups of water to a boil in a medium-sized pot. Rinse brown rice with a fine mesh strainer, then boil rice uncovered for 25-30 minutes
- In a separate stock pot, heat up olive oil over medium heat and cook ground beef until browned. Drain beef and set aside.
- In the stock pot, add onions, carrots, and celery and cook for 5 minutes. Then add garlic and Peppers to mixture and cook for an additional 5 minutes.
- Next, add both your canned and fresh Tomatoes to the mixture, as well as your cooked ground beef, herbs, and stock. Bring to a boil, then reduce heat to a low setting and simmer for up to 30 minutes. Season with salt and pepper to taste.
- When rice is done cooking, drain and set aside. When serving your soup, divide rice into bowls and cover with a hearty helping of soup. Garnish with fresh parsley and parmesan cheese. Serve and enjoy!



Prep time: 15 minutes
Cook time: 40 minutes
Serves: 8 people

INGREDIENTS:

4 Bell Peppers of any color, chopped
3 cups Beefsteak Tomatoes, diced
1 16-oz. can diced tomatoes
1 lb. lean ground beef
1 white onion, diced
2 stalks celery, diced
2 medium carrots, peeled & diced
6 cups chicken or vegetable broth
2 tbsp. thyme
2 tbsp. rosemary
1 bay leaf
2 tbsp. fresh garlic, crushed
2 tbsp. olive oil
Salt and **pepper** to taste
1 cup brown rice
Freshly chopped parsley (for garnish)
Parmesan cheese (for garnish)

CHEF'S TIP:

We suggest serving this soup with your favorite crusty bread or a light salad.

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Nutrition Facts

servings per container	
Serving size	(466g)
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 920mg	40%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 3mg	15%
Potassium 381mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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