Louisiana HARVEST of the MONTH

Stuffed Pepper Soup

Home Recipe

Serves: 6
Prep Time: 15 minutes
Cook Time: 0 minutes

Ingredients

- 1 Tbsp canola oil
- 1-pound lean ground beef
- 1 large onion. diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper, diced
- 4 garlic cloves, minced
- 2 tsp Italian seasoning
- 1 tsp smoked paprika
- ¼ tsp crushed red pepper
- 2 (14.5 ounce) cans diced tomatoes
- 1 (8 ounce) can no salt added tomato sauce
- 2 cup low sodium beef broth
- Salt and pepper to taste
- 2 cups cooked white rice
- 2 Tbsp chopped parsley leaves

Cooking Instructions

1) Heat the oil in a large stock pot or Dutch oven over medium heat. Add the ground beef and cook until browned, about 3 to 5 minutes; making sure to crumble the beef as it cooks. Use a paper towel to remove excess fat
2) Add the onion and bell peppers. Cook until tender, stirring occasionally, about 5 minutes.
3) Stir in the garlic, Italian seasoning, red pepper and smoked paprika. Cook until fragrant, about 1 minute.
4) Add in the diced tomatoes, tomato sauce and beef broth. Bring to a boil then reduce and simmer for 20 minutes until flavors have combined. Season with salt and pepper.
5) Stir in the cooked rice and parsley and let cook until heated through, about 3 minutes.

Nutrition Facts

6 Servings Per Container
Serving Size **1 1/2 cups (465g)**

Amount Per Serving	
Calories	**310**
	% Daily Value *
Total Fat 7g	**10%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 540mg	**25%**
Total Carbohydrates 34g	**12%**
Dietary Fiber 4g	**15%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 28g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 7.2mg	40%
Potassium 980mg	20%

* The % Daily Value (DV) 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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