Louisiana HARVEST of the MONTH

Stuffed Pepper Soup

Home Recipe

Serves: 6
Prep Time: 15 minutes
Cook Time: 35 minutes

Ingredients

- 1 Tbsp canola oil
- 1 lb. 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 flakes
- 29 oz. canned diced tomatoes
- 2 cups low-sodium beef broth
- 8 oz. no-salt-added tomato sauce
- Salt and pepper to taste
- 2 cups cooked white rice
- 2 Tbsp fresh parsley, chopped

Cooking Instructions

1) In a large stockpot or Dutch oven, heat the canola oil over medium heat. Add the ground beef and cook, breaking it up with a spoon, until browned and crumbled, about 3 to 5 minutes. Drain the excess fat.
2) Add the onion and bell peppers. Cook until tender, stirring occasionally, about 5 minutes.
3) Stir in the garlic, Italian seasoning, smoked paprika, and crushed red pepper flakes. Cook until fragrant, about 1 minute.
4) Add in the diced tomatoes, beef broth, and tomato sauce. Bring to a boil then reduce heat and simmer for 20 minutes until flavors have combined. Season with salt and pepper.
5) Stir in the cooked rice and parsley. Cook until heated through, about 3 minutes.

Nutrition Facts

6 Servings Per Container
Serving Size **1 1/2 Cups (477g)**

Amount Per Serving
Calories **310**

	% Daily Value *
Total Fat 7g	**10%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 540mg	**23%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**15%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 28g	
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 6.4mg	35%
Potassium 1010mg	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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