

Stuffed Pepper Soup

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Serves 6, 3 FSP per serving

- 1 pound 96% lean ground beef
- 1 small onion, diced fine
- 3 cloves garlic, minced
- 2 green peppers, diced
- 28 oz crushed tomatoes
- 28 oz water
- 2 Tbsp beef bouillon granules
- 2 tsp salt
- 1 tsp pepper
- 1 1/2 cup rice, cooked

1. In a large Dutch oven, cook beef and onions over medium heat until no longer pink, drain
2. Stir in the remaining ingredients, except rice; bring to a boil
3. Reduce heat; cover and simmer for 15 minutes or until peppers are tender.
4. Stir in rice and simmer for 5 minutes more.