



Stuffed Pepper Soup



Ingredients:

- 1 lb. ground beef
- 1 large onion
- 4 bell peppers (any color)
- 2 cloves garlic, minced
- 1 (32 oz.) container beef bone broth
- 1 (28 oz.) can crushed tomatoes
- 1 (28 oz.) can diced tomatoes (drained)
- 1 cup uncooked brown rice
- 2 tbsp. Italian seasoning
- 1 tbsp. Basil
- 1 tsp. Garlic powder
- 1 tsp. Onion powder
- Salt and pepper to taste
- 3 tbsp. Chopped fresh parsley (optional- for garnish)
- Sharp cheddar cheese (optional- for serving)

Directions:

1. Chop peppers, combine with bone broth, crushed tomatoes, diced tomatoes, garlic and spices in a large pot. Cover and simmer (about 30-45 minutes) until peppers are tender.
 2. Cook brown rice according to package. Add cooked rice to the pot
 3. Chop onions and saute with salt and pepper. Add ground beef and cook until brown. Add to the pot.
 4. Serve with chopped parsley and cheddar cheese (if desired)
- *You can also use a crock pot for this recipe!

