



# STUFFED PEPPER SOUP

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## INGREDIENTS

- 1 lb ground beef
- 1 Tbsp olive oil
- 1 cup onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 jalapeno, seeds and white ribs removed, finely diced (about 2 Tbsp)
- 4 c chicken stock
- 1 14oz can tomato sauce
- 2 14oz cans fire roasted tomatoes, undrained
- 2 Tbsp brown sugar
- 2 tsp salt
- 3 Tbsp taco seasoning
- 2 cups cooked long grain rice (about 1 c dried)
- 2 cups pepper jack cheese, shredded

## DIRECTIONS

1. Heat olive oil in a large soup pot or dutch oven set over medium high heat. Add the beef, onion, bell peppers and jalapeño. Cook until beef is fully browned and there are no longer any pink left, about 8 minutes.
2. Add the chicken stock, tomato sauce, fire roasted tomatoes, brown sugar, salt, taco seasoning and rice to the pot. Bring to a simmer, stirring often so rice doesn't stick to the bottom of the pan. Simmer for 30 minutes, until the soup is nice and thick.
3. Serve in individual bowls topped with shredded pepper jack cheese.



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## SHOPPING LIST

Olive oil  
Onion  
Red bell pepper  
Green bell pepper,  
1 jalapeno  
4 cups hicken stock  
1 14oz can tomato sauce  
2 14oz cans fire roasted  
tomatoes  
Brown sugar  
Salt  
Taco seasoning  
Long grain rice  
Pepper jack cheese, shredded

## SIDE OPTIONS

Parmesan Bread Sticks  
Side Salad  
Sautéed zucchini and  
squash  
Sweet Potato Fries