

## **STUFFED PEPPER SOUP**

**Submitted by Debbie Ott**

Ingredients:

- 2 lbs lean ground beef chopped and cooked
- 1 cup chopped onion
- 4 chopped peppers - Red, orange, green or yellow all work
- 2 - 15 oz cans tomato sauce
- 4 - 14.5 oz cans diced tomatoes - roasted garlic and onion flavored works well
- 2 - 14.5 oz cans low sodium beef broth
- 1 or 2 cups cooked rice depending on preference
- 1 tablespoon minced garlic
- 2 tablespoon Worcestershire sauce
- ¼ teaspoon fresh ground pepper
- Shredded Parmesan cheese (optional)

**Sauté onions slightly in olive oil.**

**Add peppers, garlic, Worcestershire sauce, diced tomatoes, tomato sauce, beef broth and black pepper.**

**Cook on low until peppers are soft and mixture boils down, covering occasionally.**

**Mix in cooked ground beef and simmer another 10 - 15 minutes.**

**Stir in cooked rice before serving and heat through.**

**Top with shredded Parmesan cheese when serving.**