

Stuffed Pepper Soup

Ingredients: Makes 2 Servings

½ Tbsp olive oil	½ 14oz can diced tomatoes
½ chopped onion	½ 15oz can tomato sauce or crushed tomatoes
½ lb. ground turkey, chicken or beef	½ red bell pepper, chopped
½ green bell pepper, chopped	½ 14oz can chicken broth
½ tsp garlic powder	1 tsp Italian seasoning
1 cup cooked brown rice	1/8 tsp Salt & pepper

Directions

1. Heat olive oil in a large pot over medium heat.
2. Add onion and cook 4-5 minutes or until softened, stirring occasionally.
3. Add meat and bell peppers, and cook for 4-5 minutes, until meat is no longer pink. Drain fat.
4. Add the tomatoes, tomato sauce, seasonings and broth; bring to a boil. Reduce heat to simmer.
5. Cook for 15-20 minutes or until peppers are tender
6. Stir in the cooked rice and season soup with salt and pepper to taste

Plant-Strong Version:

To make this recipe plant-strong, remove the ground turkey. You can add a can of beans or cooked lentils as a replacement for the turkey.