

Recipe Name: Stuffed Pepper Soup

Serves: 4-6 people From: Mariet Marina Pitonzo Cook Time: 30-50 minutes

Ingredients

1 pound ground beef
1 large onion (diced)
3 red bell peppers (diced)
3 teaspoons minced garlic
4 cups beef broth
2 - 29 oz cans tomato sauce
1 table.spoon olive oil
3/4 cup minute brown or
white rice.
1 1/2 tablespoons cajun spice

Direction

1. Dice peppers & onions
2. mince garlic
3. heat olive oil in the bottom of a soup pot.
4. Add garlic and onion, cook until fragrant.
5. Add beef and cook all together until beef is brown.
6. Add broth, peppers, tomato sauce, rice and cajun spice.
7. let cook until peppers are tender and rice is done.

* I add some pepper flakes for an extra kick!

Notes: Chop up some avacado to put on top.
Add shredded sharp cheddar.
Dip sourdough bread.
Add some Franks for extra heat ☺