

Stuffed Peppers Soup from Delish

This soup is perfect as is but if you like your peppers even MORE stuffed add beans or sweet potatoes and make this one extra hardy soup.

1 tbsp. extra-virgin olive oil

1 lb. ground beef 1 red bell pepper, chopped

1 green bell pepper, chopped

1 yellow bell pepper, chopped

1 onion, chopped

2 cloves garlic, minced

Kosher salt

Freshly ground black pepper

2 tsp. dried oregano

1 c. un-cooked white rice

6 c. low-sodium beef broth

1 (28-oz.) can crushed tomatoes

1 (14-oz.) can fire-roasted diced tomato

Shredded white cheddar, for serving

Freshly chopped parsley, for serving

1. In a dutch oven over medium heat, heat olive oil. Add bell peppers and onion and cook until soft, 7 minutes. Add garlic and cook until fragrant, 1 minute. Add ground beef and season with salt and pepper. Cook until no longer pink, 7 minutes. Drain fat and return to heat. 2. Add broth, crushed tomatoes, diced tomatoes, and oregano. Bring to a boil then reduce heat to a simmer. Add rice and simmer, covered, until rice is tender, 40 minutes. Add more broth or water as necessary. 3. Garnish with cheddar and parsley to serve.