

## Damn Delicious Stuffed Pepper Soup from Damndelicious.net

AD

- **1 tablespoon** canola oil
- **1 pound** lean ground beef
- **1** medium sweet onion, *diced*
- **1** red bell pepper, *diced*
- **1** green bell pepper, *diced*
- **4 cloves** garlic, *minced*
- **1 ½ teaspoons** Italian seasoning
- **¼ teaspoon** crushed red pepper flakes
- **2 (14.5-ounce) cans** diced tomatoes
- **1 (8-ounce) can** tomato sauce
- **3 cups** beef broth
- Kosher salt and freshly ground black pepper, *to taste*
- **2 cups** cooked white rice
- **2 tablespoons** chopped fresh parsley leaves

AD

Heat canola oil in a large stockpot or Dutch oven over medium heat. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat and set aside.

Add onion and bell peppers. Cook, stirring occasionally, until tender, about 3-4 minutes.

Stir in garlic, Italian seasoning, and red pepper flakes until fragrant, about 1 minute.

Stir in diced tomatoes, tomato sauce, beef broth and ground beef, season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer until flavors have blended, about 15-20 minutes.

Stir in rice and parsley until heated through, about 1-2 minutes.

Serve immediately.