

Comforting Stuffed Pepper Soup: All the Flavor Without the Fuss

Comforting Stuffed Pepper Soup: A Hearty One-Pot Favorite



TIME
7 min

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INGREDIENTS

- 1 Pound Ground Beef or Turkey
- 1 Large Onion, Chopped
- 2 Bell Peppers, Chopped (any color)
- 2 Garlic Cloves, Minced
- 1 (14 oz) Can Diced Tomatoes
- 1 (14 oz) Can Tomato Sauce
- 4 Cups Beef or Vegetable Broth
- 1 Cup Cooked Rice (white or brown)
- 1 Teaspoon Dried Basil
- 1 Teaspoon Dried Oregano
- Salt and Pepper, to taste
- Shredded Cheese for garnish (optional)

Notes & Swaps:

Ground Meat: Swap beef for turkey or chicken for a leaner option.

Broth: Choose low-sodium broth and adjust salt to taste.

Rice: Leftover rice works perfectly. You can also stir in cooked quinoa or cauliflower rice for a low-carb version.

Cheese Garnish: Cheddar or mozzarella adds a creamy finish.

How to Make Stuffed Pepper Soup:

1. Brown the Meat:
2. Sauté the Veggies:
3. Add Tomatoes & Seasonings:

4. Pour in Broth & Simmer:

5. Add Rice & Finish Cooking:

6. Taste & Serve:

Tips for Success:

Make it creamy: Add a splash of cream or a dollop of sour cream at the end for a silky texture.

Boost the veggies: Toss in some spinach or zucchini for added nutrition.

Add heat: A dash of crushed red pepper or hot sauce gives it a gentle kick.

Storage & Reheating:

Fridge: Store leftovers in an airtight container for up to 4 days.

Freezer: Freeze in portioned containers for up to 2 months. Thaw in the fridge before reheating.

Reheat: Gently warm on the stovetop or microwave until piping hot.

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DIRECTIONS

1. **Brown the Meat:** In a large saucepan or Dutch oven, cook the ground beef or turkey over medium heat until browned, breaking it apart as it cooks. Drain any excess fat.
2. **SautØ the Veggies:** Add chopped onion, bell peppers, and minced garlic to the pan. SautØ for 5-7 minutes, until the vegetables are soft and fragrant.
3. **Add Tomatoes & Seasonings:** Stir in diced tomatoes and tomato sauce. Sprinkle in basil, oregano, salt, and pepper. Stir to combine.
4. **Pour in Broth & Simmer:** Add broth and bring the mixture to a boil. Reduce heat to low, cover, and simmer for 20-30 minutes to deepen the flavor.
5. **Add Rice & Finish Cooking:** Stir in the cooked rice and simmer for another 10-15 minutes until fully heated through.
6. **Taste & Serve:** Adjust seasoning if needed. Serve hot, garnished with shredded cheese if desired.
7. **Tips for Success:** Make it creamy: Add a splash of cream or a dollop of sour cream at the end for a silky texture.
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18. Final Thoughts: This comforting stuffed pepper soup brings all the classic flavors you love into a quick and easy bowl of goodness. It's hearty, budget-friendly, and endlessly customizable-just the kind of meal that deserves a regular spot in your dinner rotation.
19. Tried it? Tag @chefmaniac and share your bowl! Don't forget to subscribe for more recipes that turn simple ingredients into unforgettable meals. ??

SWAPS & NOTES

& Swaps Ground Meat: Swap beef for turkey or chicken for a leaner option.

Broth: Choose low-sodium broth and adjust salt to taste.

Rice: Leftover rice works perfectly.

You can also stir in cooked quinoa or cauliflower rice for a low-carb version.

TIPS FOR SUCCESS

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