

Comforting Stuffed Pepper Soup: Hearty & Easy Recipe

Comforting Stuffed Pepper Soup



TIME
20-30 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)

Swaps and Notes:

Ground Meat: You can use ground beef (80/20 or 90/10), ground turkey, or even a plant-based ground for a vegetarian version.

Bell Peppers: Any color bell pepper works! Green bell peppers offer a more classic "stuffed pepper" taste, while red, yellow, or orange add sweetness.

Broth: Beef broth provides a richer, deeper flavor, but vegetable broth is an excellent alternative, especially if you're making a vegetarian version.

Low or no-sodium broth gives you more control over the saltiness.

Cooked Rice: This recipe is perfect for using up leftover cooked rice. If you don't have any, cook it fresh while the soup simmers. White rice, brown

rice, or even wild rice blend works well.

Tomatoes: Crushed tomatoes can be used in place of diced and sauce for a smoother texture.

Herbs: A bay leaf simmered with the soup adds depth, or a pinch of dried thyme would also be lovely.

DIRECTIONS

1. Let's get this comforting soup simmering on your stove!
2. Brown the : Meat: In a large saucepan or Dutch oven, cook the ground beef or turkey over medium heat. Use a spoon to break the meat into smaller pieces as it cooks. Continue cooking until it's fully browned. Once cooked, carefully drain any excess fat from the pan.
3. SautØ Aromatics: Add the chopped onion, chopped bell peppers (any color you like!), and minced garlic to the pan with the cooked meat. SautØ for a few minutes, stirring occasionally, until the vegetables begin to soften and become fragrant.
4. Add : Tomatoes and Seasonings: Stir in the diced tomatoes (undrained) and the tomato sauce, mixing well to combine all ingredients with the meat and vegetables. Stir in the dried basil and dried oregano.
5. Add : Broth and Simmer: Pour in the beef or vegetable broth. Give everything a good stir. Bring the mixture to a boil over medium heat, then reduce the heat to low. Cover the pot and let it simmer gently for 20-30 minutes. This simmering time is crucial as it allows all the wonderful flavors to meld and deepen.
6. Stir in : Rice: After simmering, stir in the cooked rice. If you have leftover rice, this is a fantastic way to utilize it, ensuring it doesn't go to waste.
7. Final : Simmer: Continue to cook the soup on low for an additional 10-15 minutes, stirring occasionally, to ensure the rice is thoroughly heated through and all the flavors are well blended. The soup will thicken slightly during this time.
8. Adjust : Seasoning: Before serving, taste the soup and

adjust the seasoning as needed with additional salt and pepper. Remember that some broths can be quite salty, so taste before adding more salt.

9. **Serve:** Ladle the hot soup into bowls. If desired, garnish with a generous sprinkle of shredded cheese (cheddar or Monterey Jack are great choices) before serving.

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TIPS FOR SUCCESS

Drain the Fat: Draining the excess fat from the ground meat is important for a less greasy, healthier soup.

Cooked Rice is Key: Ensure your rice is already cooked before adding it to the soup.

If you add uncooked rice, it will absorb too much liquid and might make your soup too thick, plus it will take much longer to cook.

Don't Rush the Simmer: The 20-30 minute simmer time before adding the rice is important for developing the soup's deep flavor.

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