

Hearty Stuffed Pepper Soup: Easy One-Pot Comfort Meal

Craving the comforting flavors of stuffed peppers but short on time? This



TIME
5-7 min

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INGREDIENTS

- 1 1/2 lb ground beef (lean recommended)
- 2 Bell peppers (any color, green, red, or a mix), diced
- 2 Onions, chopped
- 2 cans (14.5 oz each) Diced tomatoes, undrained
- 1 can (8 oz) Tomato sauce
- 2 cans (14.5 oz each) beef broth
- 1 tablespoon fresh Parsley, chopped (or 1 teaspoon dried)
- 1 teaspoon dried Basil
- 1 teaspoon dried Oregano
- Salt and black pepper to taste
- 1 cup uncooked White or brown rice (long grain recommended)
- Cheese (shredded cheddar or mozzarella), for serving (optional)
- 1-2 tablespoons oil (vegetable or olive oil), for browning beef

DIRECTIONS

1. Let's get this delicious : Pepper Soup simmering!
2. Brown : Beef: Heat 1-2 tablespoons of oil in a large pot or Dutch oven over medium-high heat. Add the 1 1/2 lb ground beef and brown it thoroughly, breaking it into crumbles as it cooks. Once no pink remains, drain any excess grease and transfer the browned beef to a separate bowl. Set aside.
3. SautØ Veggies: In the same pot (add a tiny bit more oil if needed), add the diced 2 bell peppers and 2 chopped onions. SautØ over medium heat for about 5-7 minutes, stirring occasionally, until the vegetables begin to soften and become translucent.
4. Add : Tomatoes, Broth & Herbs: Return the browned ground beef to the pot with the sautØed vegetables. Add the 2 cans diced tomatoes (undrained), 1 can tomato sauce, and 2 cans beef broth. Stir in the 1 tablespoon parsley, 1 teaspoon basil, and 1 teaspoon oregano. Season generously with salt and black pepper to taste.
5. Simmer : Soup: Bring the mixture to a boil over medium-high heat. Once boiling, reduce the heat to low, cover the pot, and let it simmer for 40 minutes. This allows the flavors to meld and deepen.
6. Prepare : Rice: While the soup simmers, prepare 1 cup of white or brown rice separately according to package instructions. Cook until tender.
7. Combine & : Serve: Once the soup has simmered for 40 minutes and the rice is cooked, add the cooked rice directly into the soup pot. Stir well to combine. Ladle the hot soup into bowls. Serve with a generous sprinkle of shredded cheese (cheddar or mozzarella), if desired. Enjoy!

SWAPS & NOTES

Ground Beef: Lean ground beef is best to avoid excessive grease.

You can also use a mix of ground beef and pork, or ground turkey for a lighter version.

Bell Peppers: A mix of green, red, yellow, or orange bell peppers will add visual appeal and varying degrees of sweetness.

Onions: Yellow or white onions are perfect for this recipe.

TIPS FOR SUCCESS

Drain Beef Thoroughly: Removing excess grease from the browned beef will prevent your soup from being oily.

Don't Overcook Veggies: Sauté them just until softened; they will continue to cook in the soup.

Cook Rice Separately: Cooking the rice separately prevents it from becoming mushy if you have leftovers, as it won't absorb all the soup liquid.

It also allows you to control the soup's thickness.

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