

Stuffed Pepper Soup

What You'll Need

- › 2 Tbsp. olive oil, divided
- › 2 lbs. 90% lean ground beef
- › 1 medium onion, chopped
- › 1 qt. chicken broth
- › 1 qt. Water
- › 2 Red Sun Farms bell peppers, chopped
- › 1 (28oz.) can diced tomatoes
- › 1 (28oz.) tomato sauce
- › 2 cups cooked brown rice
- › ¼ cup brown sugar
- › ½ tsp. thyme
- › ½ tsp. sage
- › 2 tsp. salt
- › 1 tsp. pepper



Directions

1. Heat 1 Tbsp. oil in large heavy-duty pan over medium-high heat; add beef. Crumble and stir meat for 7-10 minutes or until brown and cooked through. Remove from heat.
2. In a big pot, sauté onion in 1 Tbsp. oil over medium heat. Add chicken broth, water and peppers. Cook until onions are tender. Add the remaining ingredients including cooked beef. Bring to a boil, then reduce heat to simmer for 5 minutes.