



## Stuffed green pepper soup

Splash of olive oil  
1 small onion, finely chopped  
2 green peppers, chopped  
1 28-oz. can of diced tomatoes  
1 lb. lean ground beef or ground turkey  
4 c. beef broth  
2 c. cooked brown rice  
1 8-oz. can of tomato paste  
salt and pepper to taste  
pinch of cumin  
pinch of paprika

Brown beef or turkey in a soup pot. Pour meat into a strainer to drain fat and water. Set meat aside.

Add olive oil to soup pot, heat on medium-low heat. Add onions, peppers, and salt. Sauté until onions are soft. Add cumin and paprika, and cook for one more minute.

Add remaining ingredients, including beef, and bring to a boil. Cook for about 10 minutes to allow flavors to mix.

