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DIET CENTER

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PEPPERONI PIZZA SOUP

Intermediate Lifestyle

Ingredients

- 1 TBS vegetable oil
- 1 cup white or yellow onion, peeled and diced
- 1 cup white mushrooms, sliced
- 1 cup green or red bell pepper, sliced
- 1 (15-ounce) can diced tomatoes
- 2 (14-ounce) can fat-free, reduced sodium chicken broth
- ½ cup Hormel (or any brand) Turkey Pepperoni Slices (about 2 ounces)
- ½ TSP dried basil
- ½ cup part-skim shred mozzarella cheese

Instructions

1. Heat oil in soup pot over medium heat. Add onions, mushrooms and green pepper; stir fry until soft but do not brown.
2. Add tomatoes, chicken broth, pepperoni slices and basil. Cook for 8-10 minutes.
3. Ladle soup into bowls. Sprinkle cheese on top. Allow cheese to melt before eating.

Portion-Per-Serving Information (Serves 6): Serving = 1 cup = 2 V, ½ M