



STUFFED GREEN PEPPER SOUP

Intermediate Lifestyle

INGREDIENTS

½ lb. ground round
2 cups chopped green bell pepper
1 cup chopped onion
¼ TSP black pepper
1 can (14 oz.) less-sodium beef broth
1 can (14.5 oz.) can diced tomatoes, undrained
1 can (10-¾ oz.) can tomato soup, undiluted
1-½ cups hot cooked long-grained or par-boiled white rice

INSTRUCTIONS

- Heat a Dutch oven over medium-high heat. Add beef; cook 3 minutes or until browned, stirring to crumble.
- Add chopped green bell pepper and onion; cook 8 minutes or until vegetables are tender.
- Stir in black pepper, less-sodium beef broth, diced tomatoes, and tomato soup.
- Bring to a boil. Reduce heat, and simmer for 45 minutes.

SERVING INFO: (Yields 6 servings)

Spoon ¼ cup hot cooked rice into each of 6 bowls; top with 1 cup (8 oz.) soup
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