



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

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

Portion-Per-Serving Information: (Yields 6 servings)

Serving = Spoon ¼ cup hot cooked rice into each of 6 bowls; top with 1 cup soup = ½ P, 2 V, ½ G