



Stuffed Pepper Soup

Makes 10 servings

Ingredients:

- 2 lbs. lean hamburger
- 2 cans (8 oz.) tomato sauce
- 2 cans (14.5 oz.) diced tomatoes
- 2 cans (14 oz.) low sodium beef broth
- 1 small onion, chopped
- 2 cups green pepper, chopped
- 1/4 cup brown sugar
- 1/2 teaspoon black pepper
- 2 cups long grain rice, cooked



Directions:

1. Cook hamburger and onion in skillet until hamburger is no longer pink. Drain well.
2. Add all ingredients except rice. Simmer for 30 minutes. Add cooked rice and simmer for 15 to 20 minutes. May add water if needed for desired consistency.

Nutrient analysis per serving: 380 Calories, 11 grams fat, 44 grams total carbohydrate, 24 grams protein, 510 milligrams sodium.

Source: University of Illinois Extension

