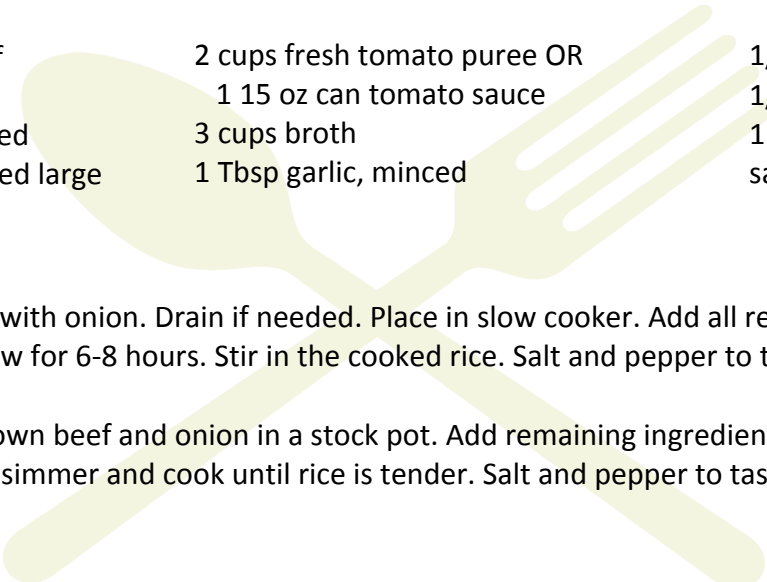


# Stuffed Pepper Soup

## *Ingredients:*

A large, light green decorative graphic of a spoon and a fork crossed in the center, serving as a background for the ingredients list.

1 lb grass-fed ground beef	2 cups fresh tomato puree OR	1/2 tsp basil (dried)
1 onion, chopped	1 15 oz can tomato sauce	1/2 tsp oregano (dried)
2 cups fresh tomatoes diced	3 cups broth	1 cup rice
2 cups bell pepper, chopped large	1 Tbsp garlic, minced	salt + pepper

## *Instructions:*

Slow Cooker: Brown beef with onion. Drain if needed. Place in slow cooker. Add all remaining ingredients, except rice. Cover and cook on low for 6-8 hours. Stir in the cooked rice. Salt and pepper to taste.

Stove-top/Quick Prep: Brown beef and onion in a stock pot. Add remaining ingredients. Bring to a boil and add uncooked rice. Reduce to simmer and cook until rice is tender. Salt and pepper to taste.