

## Stuffed Green Pepper Soup

2 lb ground chuck  
4-5 green bell peppers, chopped  
1 C finely diced onion (optional)  
1 (15 oz) can diced tomatoes  
1 (15 oz) can diced tomatoes with green chiles  
1 (29 oz) can diced tomato sauce  
6 C broth - either beef or chicken (or just water and bullion)  
1/4 t each of dried thyme, Italian seasoning and cilantro  
salt and pepper to taste  
2 C cooked rice (white or brown)

t = teaspoon  
T = tablespoon  
C = cup



In a large pot, brown meat. Drain fat and add pepper and onion. Lightly brown the veggies until they`re sauteed thoroughly.

Add tomatoes, tomato sauce, broth, and seasonings. Cover and simmer for 30 to 45 minutes, until peppers are tender. Add the cooked rice. Stir every 5-10 minutes so the rice doesn` t stick to the bottom of the pan. *Enjoy!*

Makes 10-12 servings.