



## Stuffed Pepper Soup

**Yield: 6 servings**

**Cost Per Serving: \$1.70**

**Cook Time: 45 minutes**

### Ingredients:

- 1 Tbsp extra virgin olive oil
- 1 lb. ground turkey (90% lean)
- 4 bell peppers (diced)
- ½ medium yellow onion (diced)
- 1 ½ cup low sodium or no salt added tomato sauce
- 2 cups low sodium or no salt added chicken broth
- 1 cup brown rice
- ½ Tbsp garlic powder
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp parsley
- Salt and pepper (to taste)

### Directions:

1. In a large pot over medium heat add olive oil, allow to heat for about 30 seconds.
2. Add ground turkey and stir occasionally. Allow turkey to cook about 5 minutes or until browned.
3. Remove turkey from pot and set aside.
4. Add bell peppers and onion to pot, sauté about 5 minutes. Pour in tomato sauce, chicken broth and rice and stir.
5. Allow soup to come to a light boil then reduce heat to low. Simmer for about 20 minutes or until rice and vegetables are soft.
6. Add ground turkey and dried seasonings and cook an additional 10 minutes.
7. Serve warm with parsley garnish. Enjoy!

\*Based on Walmart prices 05/22