

Stuffed Pepper Soup

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SERVINGS: 8 (entire recipe makes approximately 8 C.)

NUTRITION INFO (per serving, approximately 1 cup)

Calories — 120 Fat — 3 g Protein — 16 g
Carbs — 5 g Fiber — 2 g Net carbs — 7 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS

- 1 lb. lean ground beef
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 T. dried minced onion
- 1 tsp. minced garlic
- 2 C. chopped green pepper
- 10 oz. can Rotel® tomatoes and green chiles
- 32 oz. beef broth
- 1 T. Worcestershire sauce
- ¼ tsp. red pepper flakes
- 3 C. coarsely riced cauliflower

DIRECTIONS

1. To a soup pot or Dutch oven, add ground beef, salt, pepper, dried minced onion and garlic. Brown beef over medium heat.
2. Add remaining ingredients (except riced cauliflower.) Bring to a boil, reduce heat and simmer 25 minutes.
3. Add riced cauliflower; simmer an additional 5-7 minutes or until cauliflower is tender. Season with additional salt and pepper, if necessary.