THE OKLAHOMA HOMESTEADER

REDISCOVERING THE SIMPLE JOYS OF HOMESTEADING

Crockpot Stuffed Pepper Soup

Crockpot Stuffed Pepper Soup is just like eating a stuffed pepper, but you get to skip all the extra steps. Bursting with the traditional flavor of stuffed peppers without all the hassle.

Prep Time: 15 Minutes

Cook Time: 4 Hours

Yields: 2.5 Quarts

Ingredients:

- 3 cups beef broth
- 2 cups cooked white rice
- 1 pound ground beef, browned and drained
- 1 small yellow onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 can tomato sauce (14 oz)
- 1 can diced tomatoes, drained (14 oz)
- 1 tablespoon liquid smoke
- ½ tablespoon brown sugar
- 1 teaspoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon salt

Items Needed:

- 6-quart crock pot or larger

Directions:

- Place all ingredients in the crockpot, except for the rice. Gently stir ingredients.
- Place the lid on the crockpot and cook on high for 4 hours or low for 6 hours.

• Add the cooked rice to the pot, stir, and serve.

Tips:

• If storing, do not add the rice to the entire pot of soup or the rice will turn gummy. Serve rice directly in each bowl or separate the portion you’re storing before adding rice.

• Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months.

• Adjust salt to taste.

• Add crushed red pepper flakes for more spice.