



RECIPE | PEPPERS

STUFFED PEPPER SOUP



25 min

5 min
PREP.

20 min
COOKING



4



easy



INGREDIENTS

Recipe created by *Heather Englund*

6 Pure Flavor® Sweet Bell Peppers, diced
1 lb ground beef
3 ½ cups chicken bone broth
15 oz can tomato sauce
14 oz can diced fire-roasted tomatoes
1 yellow onion, diced
2 garlic cloves, minced

1 tbsp Italian seasoning
¾ tsp sea salt
½ tsp pepper
¾ cup brown rice
Shredded parmesan (for serving)



DIRECTIONS

- 1 Set the instant pot to SAUTÉ and when hot, add the ground beef. Cook until the beef is no longer pink, breaking it up as you go. Turn the instant pot OFF.
- 2 Add the broth, tomato sauce, tomatoes, peppers, onion, garlic, Italian seasoning, salt, pepper, and rice. Stir to combine. Place the lid on the instant pot, and make sure the valve is set to sealing.
- 3 Cook on MANUAL high pressure for 13 minutes. Once the 13 minutes of high-pressure cooking are done, let the soup sit for 5 minutes, then open the valve and allow a quick release. Serve the soup with shredded parmesan.

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