



**RECIPE NAME:** Stuffed Pepper Soup

**FROM THE KITCHEN OF:** Paul Dobbratz '74

### INGREDIENTS:

1 red bell pepper,  
chopped  
1 green bell pepper,  
chopped  
1 yellow bell pepper,  
chopped  
1 onion, chopped  
2 cloves garlic, minced  
1 lb. ground beef (I used  
½ lb. beef and ½ lb.  
Italian sausage)  
6 cups broth - (I used  
beef, could also use  
chicken)  
1 (28 oz.) can crushed  
tomatoes  
1 (14 oz.) can fire-  
roasted diced tomatoes  
2 tsp. dried oregano  
Kosher salt  
Fresh ground pepper  
1 cup rice  
Chopped cheddar  
cheese, for serving  
Freshly chopped parsley  
for serving.

### INSTRUCTIONS:

Saute peppers and onion with olive oil until soft (7 minutes). Add garlic and cook for a few minutes more. Transfer to stock pot. Cook meat until no longer pink. Season with salt and pepper. I did not add any salt. Drain fat and transfer meat to stock pot. Add broth, crushed tomatoes, diced tomatoes, and oregano. Bring to a boil and then reduce heat to a simmer. Add rice and simmer, covered, until rice is tender - about 40 minutes. Add water if necessary. Garnish with cheese and parsley before serving.

**Additional Notes:** If freezing do not add rice. Instead add cooked rice to soup while you are re-heating the soup. I added two small, chopped jalapeno peppers when cooking the peppers and onions. Red pepper flakes should also work. I did not use low sodium beef broth, so I did not add any additional salt.

