

Stuffed Pepper Soup



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Recipe by: Laura Vitale

Serves 6

Prep Time: 20 minutes

Cook Time: 1 hours 0 minutes

Ingredients

- 3 Tbsp of Olive Oil
- 1 Bell Peppers, diced
- 1 Yellow Onion, diced
- 2 Carrots, peeled and diced
- 2 Stalks of Celery, diced
- 3 Cloves of Garlic, minced
- 1 lb of Ground Beef
- 1 28 oz can of Diced Tomatoes
- 7 cups of Beef Stock
- 1 tsp of Italian Seasoning
- 1/2 cup of Arborio Rice
- Salt to taste
- 1/2 cup of Shredded Provolone
- Freshly Grated Parm

1) Preheat a large dutch oven or soup pot, preheat over medium high heat with about a tablespoon of olive oil. Add the beef, season with some salt, break up with a wooden spoon and cook until cooked through, remove to a plate and set aside.

2) In the same pot, add a couple tablespoons of oil then add the onions, carrots, peppers and celery, add another pinch of salt and cook on medium heat for about 10 minutes or until they caramelize a bit and cook down.

3) Add the beef back in along with the garlic, cook for about 30 seconds, then add in the broth, tomatoes and Italian seasoning, bring to a boil, partially cover with a lid, reduce the heat to low and simmer for about a half an hour.

4) Add the rice to the soup. Cook according to package instructions. When done, adjust the seasoning to taste and stir in the parm and provolone and serve with crusty pieces of bread!

