



Unstuffed Pepper Soup



1/8 of recipe (about 1 1/4 cups): 140 calories, 3g total fat (1g sat. fat), 573mg sodium, 12.5g carbs, 3.5g fiber, 6.5g sugars, 16g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

- 1 lb. raw extra-lean ground beef (at least 96% lean)
- 2 cups chopped bell peppers
- 1 cup chopped onion
- 1 tbsp. chopped garlic
- 1 1/2 tsp. Italian seasoning
- 1 1/2 tsp. onion powder
- 1/4 tsp. dried thyme
- 1/4 tsp. salt
- Two 14.5-oz. cans diced tomatoes, undrained
- 3 cups reduced-sodium beef broth
- 2 cups canned crushed tomatoes
- 1 1/2 cups frozen riced cauliflower

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add beef, peppers, onion, garlic, and seasonings. Cook and crumble until beef is fully cooked and veggies have mostly softened, 10-12 minutes.

Add remaining ingredients. Stirring occasionally, cook until veggies are tender and soup is hot and well mixed, 5-7 minutes.

MAKES 8 SERVINGS

HG Tip: The soup will thicken over time, so feel free to add extra broth when reheating.

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