

STUFFED PEPPER SOUP

Not only is soup a favorite in the cold weather months, it's also a very hearty, healthy option on your weight loss program. This stuffed pepper soup is loaded with ground beef, cauliflower rice and Bell peppers in a tomato-based broth that tastes just like classic stuffed peppers without all the fuss! Canned coconut milk cuts the acidity and makes this dish creamy, but is hardly noticeable in taste. It's also easy to put together on a busy weeknight, so you can enjoy additional meals throughout the week without having to cook more often. See below for serving information.*



INGREDIENTS

- 1 Tbsp. avocado or coconut oil
- 2 lbs. grass-fed ground beef (you could also use Al Fresco Italian Chicken Sausage taken out of casing or a mix of burger and chicken sausage)
- 1 small onion, diced
- 3 cloves minced garlic
- 3 organic Bell peppers (a mix of green, yellow and orange is nice)
- 1-14.5 can organic diced tomatoes
- 1-14.5 oz can organic tomato sauce
- 2 cups organic beef broth (can use organic chicken broth, too)

1/2 cup canned coconut milk
1 tsp. Italian seasoning (optional)
Pink Himalayan salt & pepper, to taste
3 cups cauliflower rice (fresh or frozen)

INSTRUCTIONS

Add oil to a large pot over medium-high heat. Brown the ground beef or sausage until browned. Add in onions and garlic and sauté until soft.

Add in the remaining ingredients (except cauliflower rice), bring to a boil, then simmer for 25 minutes.

Add in the cauliflower rice and simmer until tender.

DIRECTIONS FOR INSTANT POT

Set Instant Pot on Sauté mode. When hot, add in oil, garlic and onion. Sauté 2 minutes. Add in ground beef/sausage and seasonings. Continue to cook and break into crumbles until meat is browned.

Turn off Instant Pot and add remaining ingredients, cover with the lid and set Instant Pot to Pressure Cook on high for 6 minutes. Make sure the vent is on seal and not open.

When finished, using a spoon, open the vent for a quick release, being careful of the steam. Enjoy!

*One serving of this recipe covers your protein and vegetable for one meal. Soup can vary greatly per serving, because of the liquid/broth. This recipe is approximately 8 servings. While it may be a little work to measure how much is in your pot and divide by 8, it's worth it in order to enjoy soups and stews that fit into your checklist. After you divide by 8, then you will know how many cups of the soup is a serving (probably around 1.5-2).