

Wednesday, March 24, 2010

Stuffed Pepper Soup

1 lb lean ground beef	2 cups chopped peppers (use any or all colors)
1 cup diced onion	15 oz can tomato sauce (or large can tomato soup)
1/2 tsp basil	3 cups water (or use beef stock)
1/2 tsp oregano	15 oz can diced tomatoes
1 tbsp beef bullion	1 cup cooked brown rice

Brown beef with onion. Place in slow cooker with remaining ingredients on low for about 6 - 8 hours or place in large soup pot and simmer 1 1/2 hours.