



Slow-Cooker Stuffed Pepper Soup

 Gluten Free

READY IN



435 min.

SERVINGS



8

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb ground beef 80% lean (at least)
- 1.5 cups bell pepper diced green
- 1 small onion diced
- 3 cloves garlic minced
- 15 oz tomato sauce canned
- 14.5 oz canned tomatoes diced organic undrained canned
- 32 oz beef broth
- 1 cup water

- 2 tablespoons brown sugar packed
- 2 teaspoons salt
- 1 teaspoon pepper
- 4 cups rice cooked
- 1 serving cheese shredded

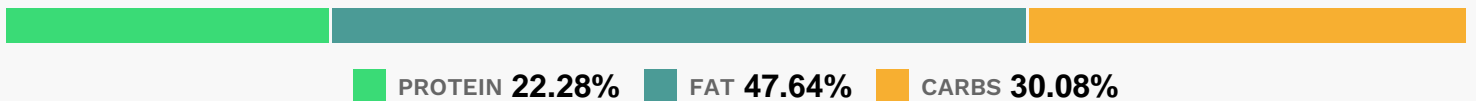
Equipment

- frying pan
- slow cooker

Directions

- Spray 6-quart slow cooker with cooking spray. In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Place beef in slow cooker.
- Stir in all remaining ingredients except rice and cheese.
- Cover; cook on Low heat setting 7 to 8 hours.
- When about 30 minutes are left in cooking time, gently stir in cooked rice. Cover; cook about 30 minutes longer.
- Serve soup topped with cheese.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:26.3, Inflammation Score:-6, Nutrition Score:19.882608315219%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 461.16kcal (23.06%), Fat: 24.31g (37.39%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 31.73g (11.54%), Sugar: 8.19g (9.1%), Cholesterol: 83.28mg (27.76%), Sodium: 1425.45mg (61.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Vitamin B12: 2.59µg (43.1%), Vitamin C: 31.91mg (38.68%), Zinc: 5.56mg (37.05%), Vitamin B3: 7.31mg (36.55%), Selenium: 25.2µg (36.01%), Vitamin B6: 0.67mg (33.53%), Manganese: 0.65mg (32.35%), Phosphorus: 281.43mg (28.14%), Potassium: 779.75mg (22.28%), Iron: 3.93mg (21.82%), Vitamin B2: 0.28mg (16.76%), Copper: 0.31mg (15.72%), Magnesium: 54.93mg (13.73%), Vitamin E: 2.02mg (13.46%), Vitamin B5: 1.26mg (12.65%), Fiber: 2.8g (11.2%), Vitamin B1: 0.14mg (9.44%), Vitamin A: 469.31IU (9.39%), Calcium: 89.39mg (8.94%), Vitamin K: 8.86µg (8.44%), Folate: 28.85µg (7.21%)