



Slow-Cooker Stuffed Pepper Soup

 Gluten Free

READY IN



435 min.

SERVINGS



8

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 oz beef broth
- ☐ 2 tablespoons brown sugar packed
- ☐ 15 oz tomato sauce canned
- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 4 cups rice cooked
- ☐ 3 cloves garlic minced
- ☐ 1.5 cups bell pepper diced green
- ☐ 2 lb ground beef 80% lean (at least)

- ☐ 1 small onion diced
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 8 servings cheese shredded
- ☐ 1 cup water

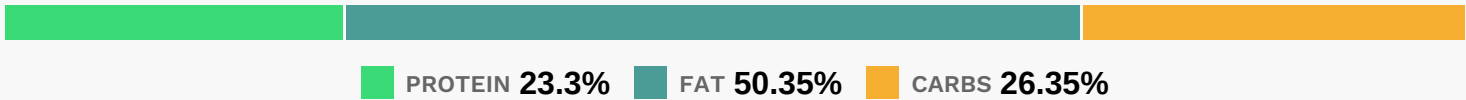
Equipment

- ☐ 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:26.44, Inflammation Score:-6, Nutrition Score:22.259565166805%

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: 534.66kcal (26.73%), Fat: 29.78g (45.82%), Saturated Fat: 12.64g (78.97%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 32.27g (11.73%), Sugar: 8.45g (9.38%), Cholesterol: 102.63mg (34.21%), Sodium: 1579.07mg (68.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.03%), Vitamin B12: 3.14µg (52.41%), Selenium: 29.37µg (41.96%), Zinc: 6.27mg (41.82%), Vitamin C: 31.91mg (38.68%), Phosphorus: 368.16mg (36.82%), Vitamin B3: 7.34mg (36.68%), Vitamin B6: 0.68mg (33.98%), Manganese: 0.65mg (32.72%), Potassium: 798.37mg (22.81%), Iron: 4.04mg (22.42%), Calcium: 213.11mg (21.31%), Vitamin B2: 0.35mg (20.84%), Copper: 0.32mg (15.85%), Magnesium: 59.83mg (14.96%), Vitamin E: 2.07mg (13.77%), Vitamin B5: 1.3mg (12.99%), Vitamin A: 634.93IU (12.7%), Fiber: 2.8g (11.2%), Vitamin B1: 0.15mg (9.93%), Vitamin K: 9.43µg (8.98%), Folate: 30.56µg (7.64%), Vitamin D: 0.23µg (1.5%)