

CROCKPOT STUFFED PEPPER SOUP

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 8 (Serving = 1 1/2 cup)

Nutrition (per serving)

Calories: 232

Total Fat: 2 g

Saturated Fat: 1 g

Sodium: 126 mg

Total Carbohydrate: 27 g

Dietary Fiber: 3 g

Total Sugars: 6 g

Protein: 15 g



Ingredients

- 1 pound 90/10 ground beef
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 teaspoons minced garlic
- 2 – 14.5 ounce cans no salt added diced tomatoes
- 1 – 15 ounce can no salt added tomato sauce
- 1 – 14.5 ounce can low-sodium beef broth
- 2 teaspoons dried parsley
- ½ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ teaspoon ground black pepper
- 1 cup uncooked brown rice



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HEALTHCARE

Directions

1. In a medium sized skillet, cook ground beef until no longer pink. Place in a 6-quart crock pot.
2. Add remaining ingredients to crockpot except for rice.
3. Cook on low for 7-8 hours.
4. Cook rice according to package directions.
5. Add cooked rice to soup. Stir to combine.

**Optional: Garnish with low-fat shredded cheese of choice.*

To make bariatric diet friendly:

Suggest draining out broth and reduce serving size to ½ cup

Updated bariatric nutrition information: Calories 116, Total Fat 1g, Sat Fat 0.5g, Sodium 63mg, Total Carbohydrates 14g, Fiber 1.5g, Sugar 3g, Protein 7.8g