

BELL PEPPER SOUP

By: Dea



Serves: 4

Prep: 20 mins

Cook: 45-60 mins



Protein: 1

Veggies: 1.5

WHAT YOU NEED

- 3 cups green bell pepper, diced
- 1 cup green onions, diced
- 2 garlic cloves, minced
- 1 tbsp. fresh parsley, chopped
- 1 tsp. sea salt
- 1 tsp. pepper
- 16 oz. ground beef, cooked, lean
- 2 cups tomatoes, diced
- 4 cups beef broth, low sodium
- 1 tsp. dried oregano
- 1 tsp. fresh thyme leaves, diced
- 1/2 tsp. red pepper flakes
- 3 tbsp. Bragg's Aminos
- 1 tbsp. apple cider vinegar
- 1/2 cup coconut milk, unsweetened
- 1-2 cups Konjac rice or cooked cauliflower rice

WHAT YOU NEED TO DO:

1. Add bell peppers, onion, garlic, parsley, half the salt and pepper to the skillet used for ground beef. Cook until soft.
2. In a large pot on medium heat add beef, veggies, tomatoes, broth, oregano, thyme, red pepper flakes, and remaining salt and pepper.
3. Stir in aminos and apple cider vinegar.
4. While stirring slowly, add coconut milk and rice choice.
5. Turn heat down to low.
6. Cover and let simmer; Stir occasionally.

TIP:

Garnish with fresh parsley. Serve with SSG Brown Bread to add a Shift meal.



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