



Grew up with my mom making this, always had some bread on the side, tasted like heaven.

Description

Picture yourself returning home to the warm welcome of Stuffed Pepper Soup wafting through the air. This variation takes a traditional dish and makes it into a practical slow-cooked meal using healthy ground turkey and a mix of bell peppers. Perfect for those hectic weekdays when you wish you had time to prepare a home-cooked dinner but just don't have it in you. Without the hassle of filling, this dish captures the meaty spirit of stuffed peppers!

A rustic green salad with a light vinaigrette dressing or some crusty artisan bread would be perfect accompaniments to this hearty soup. If you want to add some heat, you may serve it with hot sauce or **crushed red pepper flakes on the side so everyone can taste it.**

Ground Turkey and Stuffed Pepper Soup for the Slow Cooker

Approximate serving size: 61 pound of turkey meat

2 minced garlic cloves, 3 sliced bell peppers (a variety of colors is best), and 1 medium yellow onion

one 14.5-ounce can tomato chunks, no-seed

one 15-ounce can marinara sauce

Soup for meat, 2 cups

1 cup of cooked white cereal

1/2 teaspoon of sea salt

pepper, half a teaspoon

1 teaspoon of Italian spice

How to Follow

1. While the ground turkey is cooking, brown the chopped onion and minced garlic in a pan over medium heat. Continue cooking until the turkey is done and the onions become translucent.

After the turkey, onions, and garlic have been fried, place them in a slow cooker.

Step 3: Put everything into the slow cooker, including the diced tomatoes, chopped bell peppers, tomato sauce, and beef broth.

4. Add the Italian seasoning, black pepper, salt, and stir to combine.

5. Simmer, covered, for 6 to 8 hours on low heat, or 3 to 4 hours on high heat.

Put the cooked rice in during the final 30 minutes of cooking. 6.

7. Take a bite while it's hot!

Tips and Variations

Substitute a plant-based meat alternative for the ground turkey and use vegetable broth in place of beef stock to make it vegetarian. To make it even healthier, add additional veggies like celery or carrots. Before serving, top with shredded cheddar for those who like a little cheesiness.

Category

1. Grandma Recipes

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