

Stuffed Pepper Soup

Active time: 15 mins

Total Time: 45 mins

Yield: Serves 6 (serving size about 1 cup)

Ingredients:	Cost per ingredient:	Cost per recipe:	Cost per serving:
1 TBSP - extra-virgin olive oil	\$3.94 / 17oz bottle	\$0.11	\$0.018
1 LB - ground turkey (90% lean)	\$3.87 / lb	\$3.87	\$0.645
4 - bell peppers (diced)	\$0.83 / pepper	\$3.32	\$0.55
½ - medium yellow onion (diced)	\$0.85 / onion	\$0.42	\$0.07
1 ½ cup - tomato sauce (low sodium)	\$1.18 / 15oz can	\$0.95	\$0.16
2 cups - chicken broth (low sodium)	\$2.42 / 32oz carton	\$1.21	\$0.20
1 cup - brown rice	\$1.37 / 32oz bag	\$0.27	\$0.045
½ TBSP - garlic powder	\$0.98 / 3.4oz container	\$0.025	\$0.004
½ TSP - dried basil	\$0.98 / 0.8oz container	\$0.007	\$0.001
½ TSP - dried oregano	\$0.98 / 0.87oz container	\$0.02	\$0.003
½ TSP - parsley	\$0.98 / 0.4oz container	0.01	\$0.002
Salt and pepper (to taste)			
TOTAL:	\$18.38	\$10.21	Approx. \$1.70

*prices based on Walmart.com

Directions:

1. In a large pot over medium heat add olive oil, allow to heat for about 30 seconds.
2. Add ground turkey and stir occasionally. Allow turkey to cook about 5 minutes or until browned.
3. Remove turkey from pot and set aside.
4. Add bell peppers and onion to pot, sauté about 5 minutes. Pour in tomato sauce, chicken broth and rice and stir.
5. Allow soup to come to a light boil then reduce heat to low. Simmer for about 20 minutes or until rice and vegetables are soft.
6. Add ground turkey and dried seasonings and cook an additional 10 minutes.
7. Serve warm with parsley garnish. Enjoy!