



# Stuffed Bell Pepper Soup

Serves 4

## Ingredients:

2 cups chopped green pepper  
1/2 cup uncooked rice  
1 cup chopped onion  
2 tablespoons olive oil  
1 teaspoon minced garlic  
1/2 lb sweet Italian sausage  
2 teaspoons Italian seasoning  
1 can diced tomatoes  
1/2 cup tomato sauce  
1/4 teaspoon cinnamon  
1 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon oregano  
2 teaspoons sugar  
4 cups water

## Directions:

1. Saute green pepper and onion in olive oil in large pot over medium heat until just tender. Add minced garlic and Italian sausage; cook until sausage is browned.
2. Stir in rice, tomatoes, tomato sauce, water, oregano, Italian seasoning, sugar, salt, and pepper. Simmer 45 minutes, until rice is tender. Just before serving, stir in cinnamon.

**FeatureIntro:** This soup borderlines on comfort food goodness.

**MainIngredient:** Bell Pepper

**RecipeIntro:** Simple, delicious and perfect for cooler weather.

**Season:** Fall

**Week:** 201741