

Stuffed Pepper Soup

INGREDIENTS

- ❑ 1 lb ground turkey or chicken
- ❑ 2 large onions diced
- ❑ 4 minced garlic cloves or 4 tsp garlic powder
- ❑ 5 large bell peppers, chopped (mix colors more appealing)
- ❑ celery stalks diced
- ❑ 1 cup barley or Farro rinsed & drained
- ❑ 2 tbsp olive oil
- ❑ 2 tsp thyme dried
- ❑ 2 tsp oregano dried
- ❑ 1 1/2 tsp salt
- ❑ Ground black pepper to taste
- ❑ 28 oz can diced tomatoes low sodium
- ❑ 14 oz can tomato sauce low sodium
- ❑ 8 cups water or low sodium broth
- ❑ 3 bay leaves
- ❑ 1/4 cup parsley or dill finely chopped

INSTRUCTIONS

1. Preheat large Dutch oven or pot on high heat, swirl oil to coat and add onion, fresh garlic (if using) and ground turkey. Sauté for 5 minutes, stirring often and breaking meat into pieces.
2. Add bell pepper, celery, grain, thyme, oregano, garlic powder (if not using fresh), salt and pepper. Sauté for 3 more minutes, stirring occasionally.
3. Add diced tomatoes, tomato sauce, broth, bay leaves and bring to a boil covered.
4. Reduce heat to low and simmer covered for 40 minutes or until grains are tender.
5. Stir and adjust any seasonings to taste. If you have time, let stuffed pepper soup sit covered for 5 minutes.
6. Add dill or parsley, stir and serve hot with a dollop of plain yogurt, sour cream or 1/4 cup of cheese. Pick just one garnish.

– *Enjoy Today, Jenn*