

Stuffed Bell Pepper Soup

Ingredients:

1 lb Ground beef
1 lb Ground Italian Sausage
2 Cups Bell Peppers, Diced
½ Large Onion
6 Garlic Cloves or 2 TBSP Minced Garlic
12 oz Bag Cauliflower Rice
2 Cups Beef Broth
29 oz Can Tomato Sauce
14 oz can Diced Tomatoes
2 tsp Worcestershire Sauce
1 tsp Basil
1 tsp Oregano
2 tsp Garlic Powder
1 tsp Onion Powder
½ tsp Pepper
2 Bay Leaves
2 TBSP Sweetener
½ tsp Salt



Instructions:

In a skillet on medium heat cook ground beef and sausage until browned.

Crockpot Instructions:

Add in all ingredients and cook on Low 6-8 hours or on High for 3-4 hours. You can add in all ingredients together even the Cauliflower Rice.

Instant Pot Instructions:

Add in all ingredients and cook for 12-15 minutes on High Pressure. Natural release for 15 minutes (no venting)
Vent release and open lid after 15 minutes of natural release

Optional: Sprinkle Mozzarella cheese on top of your soup.

Servings: 10

Serving Size: 1 Cup

Net Carbs: 9

Fiber: 4

Total Carbs: 13

Protein: 23

Fat: 15

Calories: 287