



Stuffed Bell Pepper Soup

Yield: 6 servings

Ingredients

1 cup brown rice
2 cups diced green bell pepper
1 cup diced onion
1 jalapeno, diced, optional
1 teaspoon minced garlic
6 cups vegetable broth, low or no salt added
28 ounces canned diced tomatoes, low or no salt added
1 cup dry red lentils
1 teaspoon ground black pepper
1 teaspoon dried Italian seasoning
½ teaspoon kosher salt
½ teaspoon garlic powder
¼ teaspoon dried oregano
¼ teaspoon red pepper flakes, optional

Presented by
Culinary Medicine

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Instructions

1. In a small pot bring 2 cups of water to a boil and add brown rice. Cover and reduce heat to a simmer and let cook until tender about 35 minutes.
2. Meanwhile in a large pot add peppers and onions, saute for 4 to 5 minutes adding small amounts of water if they start to stick. Add jalapeno and garlic and saute for 1 more minute.
3. Add the rest of the ingredients and bring to a boil. Reduce heat to a simmer and cook about 30 minutes or until lentils are tender and creamy.
4. Stir in cooked rice and serve.



Nutrition Information

Serving Size: 2 cups
Calories: 287
Total Fat: 1.8 g
Monounsaturated Fat: 0.4 g
Polyunsaturated Fat: 0.6 g
Saturated Fat: 0.3 g
Sodium: 315 mg
Total Carbohydrate: 57 g
Dietary Fiber: 9.7 g
Sugars: 8.8 g
Protein: 12 g

Source: Adapted from Peas and Crayons

