

Prep Time: 15 minutes | Cook Time: 45 minutes | Total Time: 1 hour
Difficulty: Easy | Category: Soup / Main Course | Cuisine: American Comfort

Table of Contents

- ◆
- [Introduction](#)
- [Ingredients](#)
- [Equipment Needed](#)
- [Instructions](#)
 - [Step 1: Brown the Meat \(Intensity: Medium-High | Time: 5–7 minutes\)](#)
 - [Step 2: Sauté the Aromatics \(Intensity: Medium | Time: 4–5 minutes\)](#)
 - [Step 3: Add the Peppers and Spices \(Intensity: Medium | Time: 3–4 minutes\)](#)
 - [Step 4: Build the Broth \(Intensity: Medium-High to Simmer | Time: 3 minutes\)](#)
 - [Step 5: Simmer the Soup \(Intensity: Low | Time: 25–30 minutes\)](#)
 - [Step 6: Add the Rice \(Intensity: Low | Time: 18–20 minutes\)](#)
 - [Step 7: Finish and Season \(Intensity: Off Heat | Time: 2 minutes\)](#)
 - [Step 8: Serve \(Time: 1 minute\)](#)
- [Recipe Summary Table](#)
- [Nutrition Information \(Per Serving\)](#)

Introduction

There’s something deeply comforting about a bowl of stuffed pepper soup. It takes everything you love about classic stuffed bell peppers — the savory beef, the tender rice, the sweet bell peppers, and that rich tomato broth — and transforms it into a warming, one-pot meal that comes together far more easily than the oven-baked original. This hearty version is packed with protein, vegetables, and bold flavor, making it perfect for cozy weeknights, meal prep, or feeding a hungry crowd. Serve it with crusty bread for dipping, and you’ve got a dinner that will have everyone asking for seconds.

Ingredients

For the Soup:

- 1 lb (450 g) ground beef (or ground turkey for a leaner option)
- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 2 large bell peppers (any color — red, green, or yellow), diced
- 1 can (14.5 oz / 411 g) diced tomatoes, undrained
- 1 can (15 oz / 425 g) tomato sauce
- 1 can (14.5 oz / 411 g) beef broth (or vegetable broth)
- 1 cup (240 ml) water
- ½ cup (95 g) uncooked long-grain white rice

- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon smoked paprika
- ½ teaspoon salt (adjust to taste)
- ¼ teaspoon black pepper
- 1 bay leaf
- 1 teaspoon Worcestershire sauce (optional, for depth)

For Garnish (optional):

- Fresh parsley, chopped
 - Shredded cheddar or mozzarella cheese
 - A dollop of sour cream
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Equipment Needed

- Large Dutch oven or heavy-bottomed pot (at least 5 quarts)
 - Wooden spoon or spatula
 - Measuring cups and spoons
 - Can opener
 - Ladle
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Instructions

Step 1: Brown the Meat (Intensity: Medium-High | Time: 5-7 minutes)

Heat the olive oil in a large Dutch oven over medium-high heat (7/10 intensity). Add the ground beef and cook, breaking it apart with a wooden spoon, until it's fully browned and no pink remains — about 5 to 7 minutes. Drain any excess fat, leaving about 1 tablespoon in the pot for flavor.

Step 2: Sauté the Aromatics (Intensity: Medium | Time: 4-5

minutes)

Reduce the heat to medium (5/10 intensity). Add the diced onion and cook for 3 minutes, stirring occasionally, until softened and translucent. Add the minced garlic and cook for 1 more minute until fragrant — be careful not to burn the garlic.

Step 3: Add the Peppers and Spices (Intensity: Medium | Time: 3-4 minutes)

Stir in the diced bell peppers, dried oregano, dried basil, smoked paprika, salt, and black pepper. Cook for 3 to 4 minutes, stirring frequently, until the peppers begin to soften slightly and the spices coat the meat and vegetables evenly.

Step 4: Build the Broth (Intensity: Medium-High to Simmer | Time: 3 minutes)

Pour in the diced tomatoes with their juices, tomato sauce, beef broth, water, and Worcestershire sauce. Add the bay leaf. Stir everything together and bring the mixture to a gentle boil over medium-high heat (7/10 intensity) — this should take about 3 minutes.

Step 5: Simmer the Soup (Intensity: Low | Time: 25-30 minutes)

Once boiling, reduce the heat to low (2-3/10 intensity) to maintain a gentle simmer. Cover the pot and let it cook for 25 to 30 minutes, stirring occasionally, until the peppers are tender and the flavors have melded together. Keep the lid slightly ajar if you prefer a thicker soup.

Step 6: Add the Rice (Intensity: Low | Time: 18-20 minutes)

Stir in the uncooked rice, cover, and continue simmering on low heat for 18 to 20 minutes, or until the rice is tender. Stir every 5-7 minutes to prevent sticking. If the soup becomes too thick, add a splash of broth or water to reach your desired consistency.

Step 7: Finish and Season (Intensity: Off Heat | Time: 2 minutes)

Remove the bay leaf. Taste and adjust seasoning — add more salt, pepper, or a pinch of smoked paprika as needed. Let the soup rest off the heat for 2 minutes before serving to allow the flavors to settle.

Step 8: Serve (Time: 1 minute)

Ladle into bowls and garnish with fresh parsley, shredded cheese, or a dollop of sour cream if desired. Serve hot with crusty bread or a side salad.

Recipe Summary Table

Step	Intensity	Time
Brown meat	Medium-High (7/10)	5-7 min
Sauté aromatics	Medium (5/10)	4-5 min
Add peppers & spices	Medium (5/10)	3-4 min
Build broth & boil	Medium-High (7/10)	~3 min
Simmer soup	Low (2-3/10)	25-30 min
Cook rice in soup	Low (2-3/10)	18-20 min
Rest & season	Off heat	2 min
Total	—	~60 min

Nutrition Information (Per Serving)

Based on 6 servings. Values are estimates and will vary by brand and exact measurements.

- Calories: ~310 kcal
- Total Fat: 12 g
- Saturated Fat: 4 g
- Cholesterol: 50 mg
- Sodium: 680 mg
- Total Carbohydrates: 28 g
- Dietary Fiber: 4 g
- Total Sugars: 8 g
- Protein: 20 g