

# Italian Sausage Stuffed Pepper Soup

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### Ingredients

1 cup uncooked long grain white or brown rice  
2 cups water or beef broth  
1 lb. Italian sausage, casings remove  
1 tablespoon oil  
1 onion, diced  
2 bell peppers, diced  
2 cloves garlic, minced  
1 (28 ounce) can diced tomatoes  
1 (15 oz) can tomato sauce or tomato puree  
2 cups beef broth  
 $\frac{1}{2}$  teaspoon dried basil  
 $\frac{1}{4}$  teaspoon dried oregano  
salt and pepper to taste  
2 tablespoons parsley, chopped

### Method

1. Bring the rice and water to a boil, reduce the heat, cover and simmer until the water has been absorbed, about 20 minutes, before removing from the heat and letting sit, covered.
2. Meanwhile, cook the sausage in a large pan over medium-high heat and set aside, about 7-10 minutes.
3. Add the onions to the pan and cook for 5 minutes. Add the peppers to the pan and cook for 5 minutes.
4. Add the garlic and cook until fragrant, while stirring, about 1 minute.
5. Add the tomatoes, broth, sausage, onions and peppers, bring to a boil and simmer for 10 minutes.
6. Add the rice, season with salt and pepper, remove from heat, mix in the parsley and enjoy!

## Notes

Option: For One-Pot: Make this a one-pot meal by adding the uncooked rice to the soup in step 5 with an extra 2 cups broth and cook until cooked, about 20 minutes.

Option: (Highly recommended) Add 1/2 cup grated parmesan to the soup and let it melt in! Yum!

Option: Replace the rice with quinoa or a blend of whole grains!

Option: Instead of cooking the rice separately, add it and 2 cups up extra broth to the soup at step 6 and simmer unto the rice is cooked, about 20 minutes.

Option: Replace the sausage with ground beef or ground turkey, etc.

Source: Closet Cooking (6 servings)