

Unstuffed Pepper Soup

Serves 6 People

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1 yellow bell pepper, chopped	2-3 cloves of minced fresh garlic
1 red bell pepper, chopped	would be better)
1 medium onion, chopped	1 teaspoon basil
15 oz. can tomato sauce	1 teaspoon oregano
1 can 14.5oz. can petite diced tomato	1 2 teaspoon salt
3/4 pound . ground beef (uncooked)	1/4 teaspoon pepper
4 cups water	1/2 to 1 cup rice, cooked
2 tbsp. garlic powder (although a	

Place your onions, yellow and red peppers in the bottom of your crock.
Add the garlic powder, basil, oregano, salt and pepper. Add the tomato sauce, diced tomatoes and water.
Crumble the raw beef into the soup.
Cook on LOW for 7-9 hours or on HIGH for 3.5-4.5 hours

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When you serve your soup, scoop a serving of rice in each bowl and pour the soup over the top!
Serve and ENJOY!