

## Unstuffed Pepper Soup

Makes 6 Servings

Cook Time: high 3-4 hours, low 7-9 hours

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

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

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

Serve and ENJOY!