

Stuffed Pepper Soup

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-beef-stew-with-rice-recipe>

Ingredients:

- 1 pound ground beef or sausage
- 28 ounces diced tomatoes
- 15 ounces tomato sauce
- 4 cups water
- 2 pounds frozen pepper and onion package, blend, Mine was 1 lb, 6 oz
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon garlic
- 2 teaspoons basil
- 4 cups rice cooked, for serving

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 80 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 30 grams
7. SaturatedFat: 8 grams
8. Sodium: 1720 milligrams
9. Sugar: 16 grams
10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy Stuffed Pepper Soup above. You can see more 15 jamaican beef stew with rice recipe Deliciousness awaits you! to get more great cooking ideas.