



RECIPE OF THE WEEK

UNSTUFFED GREEN PEPPER SOUP

1 lb extra lean ground beef, browned

1 large onion, chopped

2 cups diced tomatoes

2 green peppers, chopped

2 cups tomato sauce

3 cups water

3 cubes beef bouillion

1 tsp, salt

Dash of pepper

1 cup white rice, cooked

Put all ingredients into a slow cooker. Cook for 6 - 8 hours.

NUTRITION FACTS:

Calories: 216

Dietary Fiber: 2.5 grams

Total Fat: 5.1 grams

Protein: 18.8 grams

Sodium : 480 mg.

Total Carbohydrates: 21.8 grams

Makes 6 servings