

Stuffed Pepper Soup  
from The Biker Chick's Kitchen  
Serves 6

1 lb LEAN, grass fed ground beef or bison  
1 lg onion, diced  
1 cup uncooked or 2 cups cooked quinoi  
14.5 oz container organic diced tomatoes (Red pepper and fennel, roasted garlic, sweet onion etc)  
14.5 oz jar organic tomato sauce  
1 tsp dried oregano  
1 tsp basil  
½ tsp salt  
¼ tsp pepper  
1 box organic chicken or vegetable stock (32oz)  
2 cups water  
1 cube organic soup stock  
3 organic bell peppers (I use 1 big green pepper then 4-5 red and 4-5 yellow BABY bell peppers)  
Raw cheese for topping (optional)  
Fresh cracked black pepper for garnish (optional)

In a large soup pot coated with olive oil, over medium-high heat, brown the grown beef with the onions and quinoi. a

Meanwhile dice your peppers into small ½" pieces, set side

Add in the diced tomatoes, tomato sauce, oregano, basil, salt, pepper, chicken stock, water, and powdered beef stock, then allow it to come to a boil.

Reduce heat, cover and allow it to cook 20 minutes then add the peppers and allow it to cook another 20-30 minutes (some types of rice may need longer cooking times)

Serve with raw cheese on top (optional)