

DINNERLY



Italian Chicken Sausage Stuffed Pepper Soup

with Jasmine Rice



30-40min



2 Servings

Picture this: You LOVE stuffed peppers, but you're just in a soup kind of mood, you know? In comes this stuffed pepper soup to the rescue. All the stuffed pepper essentials in one—Italian chicken sausage, rice, tomato paste, peppers, and scallions. We've got you covered!

WHAT WE SEND

- 1 green bell pepper
- 2 scallions
- ½ lb uncased Italian chicken sausage
- 5 oz jasmine rice
- ¼ oz granulated garlic
- 2 pkts chicken broth concentrate
- 6 oz tomato paste

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

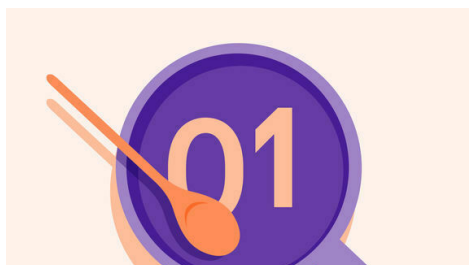
- medium Dutch oven or pot

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

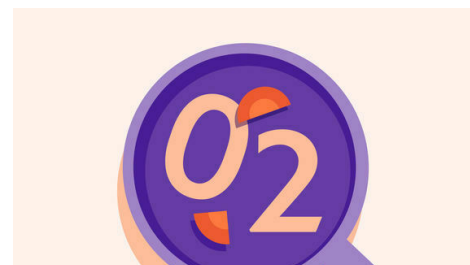
Calories 730kcal, Fat 25g, Carbs 85g, Protein 36g



1. Prep ingredients

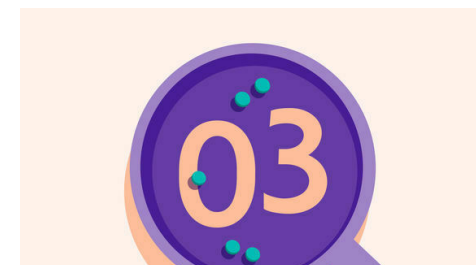
Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces.

Trim ends from **scallions**, then thinly slice, keeping dark greens separate.



2. CHICKEN SAUSAGE VARIATION

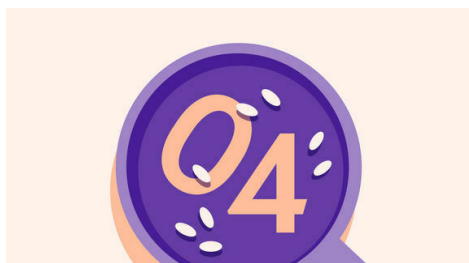
Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium-high. Add **sausage** and a **pinch of salt**; cook, breaking up into large pieces, until browned, 3–5 minutes.



3. Cook veggies & toast rice

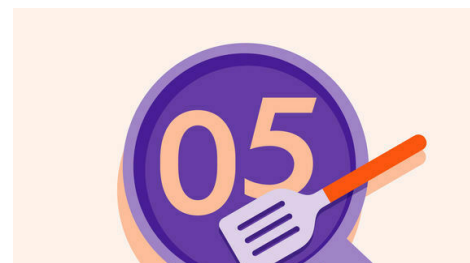
To pot with **sausage**, add **peppers**, **scallion whites** and **light greens**, and a **pinch each of salt and pepper**. Cook, stirring, until veggies are softened and sausage is cooked through, 5–8 minutes.

Add **rice** and cook, stirring, until toasted, about 2 minutes more.



4. Bring to a boil

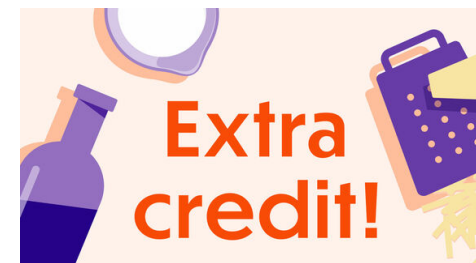
To same pot, stir in **all of the broth concentrate**, **tomato paste**, ½ **teaspoon granulated garlic**, and **6 cups water**. Cover and bring to a boil over high heat.



5. Simmer & serve

Reduce heat to low; simmer uncovered, stirring occasionally, until **rice** is tender, about 17 minutes. Season to taste with **salt** and **pepper**.

Serve **Italian stuffed pepper soup** topped with **scallion dark greens**. Enjoy!



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.