

# Stuffed Pepper Stew

## Ingredients:

15 ounce can of french onion soup  
15 ounce can of tomato soup  
14.5 ounce can of stewed tomatoes  
14.5 ounce can of diced tomatoes  
2 lbs of ground turkey (original recipe calls for 1 lb but my family likes the meat so I double it)  
2 green peppers seeded and diced  
2 tbsp + 2 tsp dried chopped onion (or half of a fresh onion)  
1 clove of garlic diced or 2 tbsp garlic powder  
2 tbsp of season salt  
3-4 cups low sodium chicken broth (as needed)  
1 1/2 cup cooked brown rice

## Instructions:

In crockpot add tomato soup, french onion soup (my family doesn't love onions so I strain out the onions in the soup and just use the broth), both cans of tomatoes, onion, garlic and season salt. Stir to incorporate.

Add the cooked ground turkey ( I brown in a skillet with a little bit of olive oil and drain excess fat prior to adding to crock pot) Stir to incorporate.

Add enough of chicken broth to completely cover ingredients.

Put lid on and cook on low for 4 hours or high for 2 1/2-3 hours

At the end of cook time add the cooked rice (I use instant rice but you can use whatever you like). Stir to incorporate.

Let this cook an additional 3-4 hours on low or 2 hours on high.

If you want this to be thinner like soup add more chicken broth when you add the rice. If you want it thicker omit extra chicken broth and take lid off last 30-45 minutes of cook time.