



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup as directed.
2. Sauté beef, red peppers and green peppers in oil for about 5 minutes or until beef starts to brown and peppers are softened.
3. Stir beef mixture into soup; bring to simmer. Cook for about 5 minutes or until heated through.
4. For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tbsp (30 mL) shredded provolone, 2 tsp (10 mL) green onions and 1 tsp (5 mL) chili peppers.

Nutrition Facts

Serving Size 1 12th recipe

Amount Per Serving

Calories 290

% Daily Value

Total Fat 18g **28%**

Saturated Fat 10g **50%**

Cholesterol mg **0%**

Sodium 1190mg **50%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Protein 15g **30%**

Vitamin A % Vitamin C %

Calcium % Iron %