

YIELD: 8 SERVINGS

Stuffed Banana Pepper Soup Recipe

This stuffed banana pepper soup recipe is simply fabulous. Spring, summer, winter or fall, this delicious soup makes for a great lunch or dinner, or a great soup course. Slightly spicy, slightly creamy, totally flavorful stuffed banana soup recipe is one your whole family will enjoy.

PREP TIME
20 minutes

COOK TIME
50 minutes

TOTAL TIME
1 hour 10 minutes



Ingredients

- 2 cups Banana Peppers, diced
- ½ Green Pepper, diced
- 1 medium Onion, chopped fine
- 1 lb Mild Ground Italian Sausage
- 1 heaping tsp Minced Garlic
- 1 TBSP Olive Oil
- 2 TBSP Butter
- 4 cups Chicken Stock
- ¾ cup Evaporated Milk
- 1½ cups Parmesan Cheese, shredded
- 8 oz Cream Cheese, cubed
- ¾ tsp Salt
- ½ tsp Black Pepper
- 1 tsp Basil
- 1 tsp Oregano
- ½ tsp Thyme
- 1 cup Dry Orzo

Instructions

1. Cut off tops of Peppers, remove seeds.
2. Dice banana peppers and green peppers; set aside (reserve a few slices for garnish if you like).
3. Chop onion; set aside.
4. Spray the bottom of a large stockpot with nonstick spray.
5. Chop up ground sausage (if necessary), add to stock pot; cook until sausage is no longer pink.
6. Remove sausage from pan.
7. In the same large stockpot (do not clean) sauté onion, garlic, and peppers in olive oil and butter over medium heat for 5 minutes.
8. Add back cooked sausage to the stockpot.
9. Add chicken stock and evaporated milk to the stockpot mixture. Increase heat and bring the mixture to a boil.
10. Add in Parmesan cheese, cream cheese, salt, pepper, basil, oregano, and thyme; stir until cheese begins to melt.

11. Reduce heat to medium; cover and simmer 25 minutes stirring occasionally.
12. Add dry Orzo pasta to the mixture.
13. Stir constantly for 10 minutes until pasta is cooked.

Nutrition Information: YIELD: 8 SERVING SIZE: 1

Amount Per Serving: CALORIES: 594 TOTAL FAT: 38g SATURATED FAT: 18g TRANS FAT: 0g UNSATURATED FAT: 20g CHOLESTEROL: 90mg
SODIUM: 1209mg CARBOHYDRATES: 36g FIBER: 2g SUGAR: 9g PROTEIN: 27g

Note: for exact nutritional information, consult your dietitian. All nutritional information provided is simply a guideline.

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