



"Souper New Year" Pepper Steak Soup

You'll Need for Soup:

- 1 1/2 pounds of steak cut into strips
- 2 bell peppers cut into strips, 1 red and 1 green
- 1 thinly sliced sweet onion
- 1 tablespoon of paprika
- 1 tablespoon of garlic powder
- 1 teaspoon each of pink salt and black pepper
- 1 clove minced garlic
- 2 cups plus 1/3 cup of beef stock
- 1/2 cup of cauliflower puree
- 2 tablespoons of coconut aminos
- 1/2 cup diced and drained tomato

Let's Make It!

- In your non-stick skillet brown your steak strips seasoned with paprika, garlic powder, pink salt and black pepper.
- Once browned, add 2 cups of broth and minced garlic.
- Cover and simmer for 30 minutes.
- Add peppers and onions. Cover and simmer until softened a bit.
- While that simmers, combine cauliflower puree, remaining broth and coconut aminos.
- Add this mixture to the pan and stir to combine all.
- Once thickened, add tomato.
- Simmer until the tomato is warmed and enjoy!!



*Would be great over
riced cauliflower or
just on its own in your favorite
soup bowl!*