

Pizza Soup

Get This:

- 1 medium onion, chopped (about 1/2 - 3/4 c.)
- 2 cloves garlic, crushed (or 1/2 tsp. garlic powder)
- 1 small green bell pepper, chopped (about 3/4 c.)
- 1/2-1 lb. LEAN ground meat (turkey, venison, chicken)
- 1 c. sliced button mushrooms (fresh or canned)
- 3/4 tsp. paprika
- 1 tbsp. basil
- 1 tbsp. oregano
- 1/2 t. salt
- 1 large (1 lb., 12 oz. can) diced tomatoes
- 1 large (1 lb., 13 oz. can) tomato sauce
- 1/2 c. sliced black olives (I use MORE)
- 1/2 c. green olives (not in original recipe, I use MORE)
- 1 can fat-free refried beans (or pinto beans, undrained, put through blender or food processor)
- 1 c. water (give or take, just to thin soup out a bit)

Do This:

1. Heat olive oil on med/high in a large, deep saucepan with a lid. When it is heated, add the onion, garlic, peppers, turkey and paprika; sauté, stirring for 5 minutes until onion and meat are cooked.
2. Add mushrooms and cook for another minute.
3. Add tomatoes, tomato sauce, salt and herbs. Cover and bring to a boil.
4. While it's cooking, if you are using pinto's, puree beans in blender. Add bean puree or refried beans and about a cup of water to the pot.
5. Simmer on med/low heat 10-15 minutes.
6. Add olives and gently stir.
7. Top with Veggie Mozzarella, 2% Mozzarella, or whatever you prefer. I use 2% shredded Mozzarella on mine.