

Slow Cooker Stuffed Peppers

I am all about the slow cooker because you whip something up quick, toss it in the slow cooker, and forget about it- making it easy to go about your busy day. These stuffed peppers work perfectly with the slow cooker! Feel free to adjust the filling to meet your specific needs- this is just what my family does. Enjoy!

Ingredients:

5 large	Tri color peppers (I like the red, orange, and yellow peppers because they are sweeter)
1 lbs	Lean ground turkey or beef (93/7), uncooked
1 cup	Rice (I use brown rice), measured dry
1 cup	Canned black beans, drained and rinsed
1 cup	Frozen corn, thawed
1 cup	Red enchilada sauce
¾ cup	Shredded part-skim mozzarella cheese
2 tsp	Chili powder
2 tsp	Ground cumin
Optional	Toppings of choice (cilantro, sour cream, more cheese, salsa, enchilada sauce, taco sauce, avocado, lime wedges)

Directions:

1. Spray bottom of slow cooker with cooking spray.
2. Prep the peppers but cutting the tops off and taking out the seeds and ribs. Place them in the slow cooker, facing upward.
3. Cook the rice according to the box directions.
4. In a large bowl, combine the rice with the rest of the ingredients (except the toppings).
5. Fill the cavity of each pepper with filling. Be sure to fill each pepper evenly.
6. Turn slow cooker on high and cook covered for 2-3 hours or until meat is fully cooked.
7. Serve warm with toppings of choice!
8. Can store these in an airtight container for up to 6 days.

Servings: 5 stuffed peppers
 Serving size: 1 stuffed pepper

Slow Cooker Stuffed Peppers		
Nutrition Facts		
Serving Size: 1 Stuffed Pepper		
Amount Per Serving		% Daily Value*
Calories	449.5 kcal	22 %
Total Fat	11.8 g	18 %
Saturated Fat	4 g	20 %
Trans Fat	0.1 g	
Cholesterol	80.4 mg	27 %
Sodium	614.6 mg	26 %
Total Carbohydrate	57.8 g	19 %
Dietary Fiber	9.9 g	40 %
Sugars	9.6 g	
Protein	28.5 g	57 %
Vitamin A	120 % • Vitamin C	352 %
Calcium	16 % • Iron	23 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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