

Stuffed Peppers in a Slow Cooker

The "insides" are the best!



Level: Easy

Serves: 6

Kids' Tool Kit

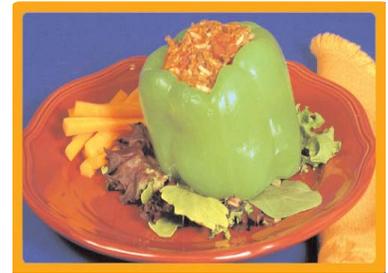
Slow cooker
Cooking spray
Can opener
Cutting board
Sharp knife
Medium mixing bowl
Measuring spoons
Measuring cups
Large spoon
Thermometer

Chef's Choice

Stuffed Peppers
Carrot sticks with ranch dressing
Apple wedges
Low fat milk

Ingredients:

- 3 green bell peppers, medium size
- 1 can (14 ½-ounce) diced tomatoes with oregano, basil and garlic
- 1 pound lean ground beef
- ½ cup long grain white rice, uncooked
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 can (46-ounce) tomato juice



Directions:

Remember to wash your hands!

1. Lightly coat slow cooker with cooking spray.
2. Wash peppers and cut around stems to remove stem, seeds and membrane from inside peppers and set aside.
3. Drain liquid from tomatoes. In medium bowl, combine tomatoes, ground beef, rice, salt and pepper.
4. Fill peppers with meat mixture and place in slow cooker.
5. Make balls from any remaining meat mixture; add to slow cooker.
6. Pour tomato juice around stuffed peppers until nearly covered.
7. Cover and cook on low temperature setting 10 to 12 hours.
8. Remove lid the last hour of cooking and turn to high to make a thicker sauce.



Helpful Hints: To save time in the morning, do some pre-prep the night before. Wash, cut and remove seeds from peppers and store in a bag in the refrigerator. Combine filling ingredients in a bowl, cover and refrigerate. Assembly time is cut in half!

During the last hour of cooking, remove the lid and turn the slow cooker to high. This will allow some liquid in the tomato juice to evaporate and make a thicker sauce. To serve, cut peppers in half, spoon on sauce and top with American or cheddar cheese, if desired.

For flavor variations, use canned or fresh tomatoes and add your favorite herb combinations. To bump-up the veggie servings, add a can of drained whole kernel corn to the meat mixture.



Safety Tips: Before serving, check the temperature of the beef mixture to be sure it is done. Ground beef should reach an internal temperature of 160 degrees to be safe. Insert thermometer into the center of the beef mixture and make sure it does not touch the bottom of the slow cooker.

After opening, store leftover tomato juice in a plastic container in the refrigerator. Use it within a few days.

Nutrition Facts

Serving Size 1/2 pepper (449g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 40mg	13%
Sodium 1360mg	57%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	10%
Sugars 13g	
Protein 20g	
Vitamin A 30%	Vitamin C 140%
Calcium 8%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.