

Stuffed Peppers in a Slow Cooker

The “insides” are the best!

6 servings

Ingredients:

3 green bell peppers, medium size
1 can (14 1/2-ounce) diced tomatoes with oregano, basil and garlic
1 pound lean ground beef
1/2 cup long grain white rice, uncooked
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 can (46-ounce) tomato juice

Directions: 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.

Nutrition Facts: One-half pepper provides 190 calories, 2.5g total fat, 40mg cholesterol, 1360mg sodium, 21g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

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

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