Slow Cooker Stuffed Peppers

Prep: 10 minutes | Cook: 3-6 hours | Total: 3-6 hours and 10 minutes

Yield: 6 servings | Serving Size: 1 bell pepper with ⅙th of the filling

Ingredients

½ cup water

6 bell peppers

1 pound lean ground beef

1 cup quinoa, uncooked, rinsed

1 (14-ounce) can black beans, drained and rinsed

1½ cups red enchilada sauce or low-sodium salsa

1 teaspoon cumin

1 teaspoon chili powder

1 teaspoon onion powder

½ teaspoon garlic powder

1½ cups shredded reduced-fat Mexican cheese blend, divided

Directions

1. Pour the water into the bottom of a slow cooker.
2. Cut the tops off the bell peppers and scrape out the ribs and seeds. Discard the tops, ribs, and seeds.
3. In a large bowl, combine the ground beef, quinoa, beans, enchilada sauce or salsa, cumin, chili powder, onion powder, garlic powder, and 1 cup of the cheese.
4. Fill each bell pepper with the ground beef mixture.
5. Place the stuffed bell peppers upright in the slow cooker so their bottoms are sitting in the water.
6. Cover the slow cooker with the lid. Cook on Low for 6 hours or on High for 3 hours.
7. Remove the lid, sprinkle the remaining ½ cup cheese over the tops of the peppers.
8. Cover the slow cooker again with the lid and let sit for a few minutes to melt the cheese.
9. Serve warm.

Recipe Notes

- To make this a vegetarian meal, substitute 1 can of refried beans for the lean ground beef.

Nutrition Facts Per Serving: Calories: 425 | Total Fat: 14 g | Saturated Fat: 5 g
Sodium: 505 mg | Total Carbohydrate: 43 g | Dietary Fiber: 9 g | Protein: 32 g

Adapted from www.pinchofyum.com | Submitted by Jessica Long, MS, RDN, CD
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