



SLOW-COOKER STUFFED PEPPERS

April 4

National Vitamin C Day

INGREDIENTS

- 6 Large Green Bell peppers (2 lbs)*
- 1 Pound Ground Beef (at least 80% lean)
- 1 Cup Finely Chopped Onions
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 6 Cloves Garlic (finely chopped)
- 3 Cups Cooked Rice (enriched or whole grain rich)
- 15 Ounce Can Tomato Sauce
- 2 Cups (8 oz) Shredded Cheddar Cheese

*Did you know that bell peppers have more vitamin C than oranges?!

DIRECTIONS

1. Spray 6-quart oval slow cooker with cooking spray. Trim tops off bell peppers; remove ribs and seeds. Set aside.
2. In 12-inch nonstick skillet over medium-high heat, cook beef, onions, salt and pepper 8 to 10 minutes, stirring frequently, until beef is cooked through and onion softens. Add garlic; cook 15 seconds. Drain.
3. Stir rice and ½ cup of the tomato sauce into beef mixture in skillet; mix to combine.
4. Stir in 1 cup of the cheese. Stuff peppers with beef mixture; arrange in slow cooker. Pour remaining tomato sauce over peppers.
5. Cover; cook on Low heat setting 4½ to 5½ hours or until peppers are soft. Top peppers with remaining 1 cup cheese. Cover; cook 3 to 8 minutes longer or until cheese is melted.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

6 Stuffed Peppers

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Stuffed Pepper	½ Stuffed Pepper	1 Stuffed Pepper	2 Stuffed Peppers