

Slow-Cooker Stuffed Peppers

Vegetarian & Gluten Free

Ingredients

- 4 Red, Yellow, or Orange Peppers
- 1 Can (15 oz) reduced sodium black beans, rinsed and drained
- 1 cup shredded Pepper Jack cheese
- 3/4 cup salsa
- 1 small onion
- 1/2 cup frozen corn
- 1/3 cup uncooked converted long grain brown rice
- 1 1/4 tsp chili powder
- 1/2 tsp ground cumin



Additional Optional Toppings: Cilantro, Reduced Fat Sour Cream, Hot Sauce

Preparation

1. Cut and discard tops from peppers and remove the seeds.
2. Mix beans, cheese, salsa, onion, corn, rice, chili powder and cumin; spoon into peppers. Place in 5 qt slow cooker coated with cooking spray.
3. Cook covered on low for 3-4 hours or until peppers are tender and heated through. Serve with desired toppings.

Yield: 4 servings

per serving: 360 Calories | 10g Fat | 18g Protein | 53g Carbohydrates | 14g Fiber