

# Crockpot Mexican Stuffed Peppers

Gwen  
*www.SlowCookerKitchen.com*

## Servings: 6

*1 cup Mexican blend shredded cheese*  
*1 pound ground beef*  
*1 pound ground sausage*  
*1 box Spanish rice mix*  
*1 jar salsa*  
*1 can corn*  
*1 can black beans*  
*2 tablespoons taco seasoning mix*  
*6 bell peppers*

## Preparation Time: 8 minutes

### Slow Cooker: 8 hours

Wash the peppers. Cut off the tops. Remove the membranes from the peppers. Dice the tops.

In a bowl, mix one-half of the shredded cheese, ground beef, ground sausage, rice, one-half of the salsa, corn, black beans and taco seasoning.

Fill each pepper with the meat mixture.

Place the peppers in a greased, foil-lined or crockpot liner-lined crockpot.

Top with the remaining salsa.

Cover and cook on LOW for six to eight hours.

Minutes before serving, top with the remaining cheese. Cover and allow the cheese to melt.

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Per Serving (excluding unknown items): 445 Calories; 21g Fat (42.1% calories from fat); 23g Protein; 43g Carbohydrate; 9g Dietary Fiber; 64mg Cholesterol; 476mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Beef, Mexican, Slow Cooker

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	445	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	42.1%	<b>Vitamin B12 (mcg):</b>	2.0mcg
<b>% Calories from Carbohydrates:</b>	38.0%	<b>Thiamin B1 (mg):</b>	.4mg

<b>% Calories from Protein:</b>	19.9%
<b>Total Fat (g):</b>	21g
<b>Saturated Fat (g):</b>	8g
<b>Monounsaturated Fat (g):</b>	9g
<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	64mg
<b>Carbohydrate (g):</b>	43g
<b>Dietary Fiber (g):</b>	9g
<b>Protein (g):</b>	23g
<b>Sodium (mg):</b>	476mg
<b>Potassium (mg):</b>	995mg
<b>Calcium (mg):</b>	70mg
<b>Iron (mg):</b>	4mg
<b>Zinc (mg):</b>	4mg
<b>Vitamin C (mg):</b>	113mg
<b>Vitamin A (i.u.):</b>	1174IU
<b>Vitamin A (r.e.):</b>	117RE

<b>Riboflavin B2 (mg):</b>	.2mg
<b>Folacin (mcg):</b>	189mcg
<b>Niacin (mg):</b>	5mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

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### Food Exchanges

<b>Grain (Starch):</b>	2
<b>Lean Meat:</b>	2
<b>Vegetable:</b>	1 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3
<b>Other Carbohydrates:</b>	0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

<b>Calories</b> 445	Calories from Fat: 187
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### % Daily Values\*

<b>Total Fat</b> 21g	32%
Saturated Fat 8g	42%
<b>Cholesterol</b> 64mg	21%
<b>Sodium</b> 476mg	20%
<b>Total Carbohydrates</b> 43g	14%
Dietary Fiber 9g	34%
<b>Protein</b> 23g	
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<b>Vitamin A</b>	23%
<b>Vitamin C</b>	189%
<b>Calcium</b>	7%
<b>Iron</b>	22%

\* Percent Daily Values are based on a 2000 calorie diet.