

# Slow Cooker Stuffed Peppers II

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## **Servings: 6**

*6 medium bell peppers  
2 cups cooked brown rice  
1 pound ground beef or pork  
1 can (14.5 ounce) diced tomatoes  
1 medium red onion, peeled and chopped  
1/4 cup pine nuts  
2 tablespoons fresh oregano, chopped  
salt (to taste)  
pepper (to taste)  
1 cup beef or vegetable broth*

## **Slow Cooker Time: 4 hours**

Slice the tops off the peppers. Remove all ribs and seeds.

In a large bowl using wet hands, combine the rice, beef, tomatoes, onion, pine nuts, oregano, salt and pepper. Mix well.

Fill each pepper evenly with the mixture. Replace the tops. Place the peppers in the slow cooker. Pour the broth over the top.

Cook on LOW for four hours.

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Per Serving (excluding unknown items): 154 Calories; 4g Fat (21.0% calories from fat); 5g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1/2 Fat.