

Slow Cooker Stuffed Peppers

Tom Mullen - Port St. Lucie, FL

Servings: 4

4 very large green peppers, top removed and cartilage and seeds removed
2 cups cooked rice
1 1/3 pounds lean ground beef
2 tablespoons Worcestershire sauce
1/2 medium onion, finely chopped
1 small can (6 ounce) tomato paste
1/2 cup Parmesan or Romano cheese, grated
2 teaspoons salt
1 teaspoon pepper
1 can (28 ounce) diced tomatoes
1 jar (24 ounce) pasta sauce
2 teaspoons prepared mustard
2 tablespoons Worcestershire sauce
1/2 cup Cheddar cheese, shredded

Prepare the rice according to package instructions.

In a large mixing bowl, mix the rice, ground beef, onion, Worcestershire sauce, tomato paste, Parmesan cheese, salt and pepper.

Spoon the mixture into the peppers. Set aside.

In a large bowl, mix the diced tomatoes, pasta sauce, mustard and Worcestershire sauce. Spoon enough sauce to cover the bottom of the slow cooker bowl.

Place the peppers, upright, in the bowl of the slow cooker. Sprinkle the cheddar cheese on top of the peppers.

Spoon a small amount of the sauce on the top of each pepper. Place the remaining sauce around the peppers in the bowl.

Cook on LOW setting for six to eight hours.

Per Serving (excluding unknown items): 664 Calories; 37g Fat (50.1% calories from fat); 36g Protein; 47g Carbohydrate; 5g Dietary Fiber; 128mg Cholesterol; 1704mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 3 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	664	Vitamin B6 (mg):	1.7mg
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% Calories from Fat:	50.1%
% Calories from Carbohydrates:	28.1%
% Calories from Protein:	21.8%
Total Fat (g):	37g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	15g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	128mg
Carbohydrate (g):	47g
Dietary Fiber (g):	5g
Protein (g):	36g
Sodium (mg):	1704mg
Potassium (mg):	1213mg
Calcium (mg):	179mg
Iron (mg):	5mg
Zinc (mg):	7mg
Vitamin C (mg):	157mg
Vitamin A (i.u.):	2000IU
Vitamin A (r.e.):	233RE

Vitamin B12 (mcg):	3.6mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	112mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	4 1/2
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 664 Calories from Fat: 333

% Daily Values*

Total Fat 37g	57%
Saturated Fat 16g	78%
Cholesterol 128mg	43%
Sodium 1704mg	71%
Total Carbohydrates 47g	16%
Dietary Fiber 5g	19%
Protein 36g	
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Vitamin A	40%
Vitamin C	261%
Calcium	18%
Iron	30%

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