

Slow Cooker Meatless Stuffed Peppers

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2 cups tomato sauce
 1 can (15 ounce) chili beans with
 gravy
 1 cup cooked rice
 1/2 cup Monterey Jack cheese,
 shredded
 4 sweet bell peppers, hollowed out
 Monterey jack cheese (for garnish)

Pour the tomato sauce into a slow cooker.

In a bowl, combine the chile beans, rice, and Monterey Jack cheese. Mix well.

Spoon the mixture into the bell peppers. Place the peppers in the slow cooker.

Cook on LOW for six hours.

Serve with the tomato sauce and sprinkle with additional cheese.

Per Serving (excluding unknown items): 598 Calories; 18g Fat (26.9% calories from fat); 25g Protein; 87g Carbohydrate; 8g Dietary Fiber; 50mg Cholesterol; 3271mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 Lean Meat; 6 Vegetable; 2 1/2 Fat.

Slow Cooker, Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	598	Vitamin B6 (mg):	2.5mg
% Calories from Fat:	26.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	56.7%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	16.4%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	18g	Folacin (mcg):	164mcg
Saturated Fat (g):	11g	Niacin (mg):	9mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	50mg	% Refused:	n n%
Carbohydrate (g):	87g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	3 1/2

Protein (g): 25g
Sodium (mg): 3271mg
Potassium (mg): 1936mg
Calcium (mg): 511mg
Iron (mg): 5mg
Zinc (mg): 4mg
Vitamin C (mg): 29mg
Vitamin A (i.u.): 5334IU
Vitamin A (r.e.): 641RE

Lean Meat: 2
Vegetable: 6
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 598 Calories from Fat: 161

% Daily Values*

Total Fat	18g	28%
Saturated Fat	11g	55%
Cholesterol	50mg	17%
Sodium	3271mg	136%
Total Carbohydrates	87g	29%
Dietary Fiber	8g	30%
Protein	25g	
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Vitamin A		107%
Vitamin C		49%
Calcium		51%
Iron		25%

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