
Pennsylvania Stuffed Peppers (Slow Cooker)

Lora Burek - Irwin, PA

Gooseberry Patch Slow Cookers, Casseroles & Skillets - 2010

Servings: 6

1 1/2 pounds ground beef

1 egg, beaten

1 cup orzo pasta or instant rice, uncooked

garlic salt (to taste)

pepper (to taste)

6 green, yellow or red peppers, tops removed

2 cans (10-3/4 ounce) tomato soup

2 1/2 cans water

In a bowl, mix the beef, egg, uncooked orzo and seasonings.

Stuff the peppers lightly with the beef mixture. (If any extra beef mixture remains, form into small meatballs.)

In a slow cooker, blend together the soup and water.

Arrange the stuffed pepper in the slow cooker. Replace the tops on the peppers for a nice touch. Place the meatballs around the peppers. Lightly spoon some of the soup mixture onto the tops of the peppers.

Cover and cook on LOW setting for eight to ten hours.

Ground Beef

Per Serving (excluding unknown items): 393 Calories; 32g Fat (73.1% calories from fat); 21g Protein; 6g Carbohydrate; trace Dietary Fiber; 132mg Cholesterol; 324mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 4 1/2 Fat.