

Crockpot Stuffed Peppers

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HEALTHY RECIPE!

Servings: 1 pepper

Calories (per serving): 189

Total Fat (per serving): 8 g

Total Carbohydrates (per serving): 21 g

Ingredients:

- 6 large bell peppers
- 1/2 pound lean ground beef (browned)
- 1/2 cup onion, chopped
- 1 (14 oz) can diced tomatoes
- 1 cup rice, cooked (any kind of rice will work)
- 2 Tbsp Worcestershire Sauce
- 1 tsp salt
- 1 tsp pepper
- 6 oz shredded cheese, divided
- 1/4 cup water

Directions:

- Combine ground beef, onion, diced tomatoes, rice, Worcestershire sauce, salt, pepper.
- Cut off each top of the peppers and scrape out the seeds and membranes.
- Stuff each bell pepper with mixture.
- Cook on low for 6 hours or high for 4 hours until peppers are tender and ground beef is cooked throughout.
- About 15 minutes before serving, sprinkle cheese and let it melt.