Stuffed Bell Peppers
Crock Pot Cooking – November 2014

Ingredients:
- 6 bell peppers
- 1 1/2 pounds raw ground beef
- 2 cups cooked rice of choice
- 2 cups chicken or vegetable stock
- 1 (15 oz) can diced tomatoes
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 cups shredded cheddar cheese or cheese blend
- 1 egg
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions:
1. Cut the tops off the pepper and remove seeds and ribs.
2. In a large mixing bowl, combine ground beef, cooked rice, 1/2 can chopped tomatoes, onion, garlic, cheese, egg, salt, and pepper. Mix well until evenly combined.
3. Stuff peppers with meat mixture.
4. Pour stock over and around peppers.
5. Pour remainder of canned tomatoes over peppers.
6. Cover and cook on high for 5-6 hours or low for 8 hours.

Notes: