

Slow-Cooker Stuffed Peppers

- Prep Time 15 min
- Total Time 6 hr 15 min
- Servings 6

- 6 large bell peppers
- 1 1/2 lb lean (at least 80%) ground beef
- 2 teaspoons olive oil
- 1/4 cup finely chopped onion
- 2 cloves finely chopped garlic
- 1 1/2 cups cooked white rice
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 can (15 oz) tomato sauce
- 1 1/4 cups shredded Cheddar cheese (5 oz)



1. Trim tops off bell peppers; remove ribs and seeds. Set aside.
2. Place beef in large bowl; set aside.
3. In 6-inch skillet, heat olive oil over medium-high heat; add chopped onion. Cook until onion softens, stirring every few minutes. Add garlic; cook 60 seconds. Remove from the heat; cool slightly.
4. Add rice, salt and pepper to beef. Add cooked onion and garlic; mix to combine. Stuff peppers with beef mixture; arrange in slow cooker. Pour tomato sauce over peppers.
5. Cook on Low heat setting 6 hours; last 30 minutes of cooking, top peppers with cheese.