

Lunch | Dinner

Slow Cooker Stuffed Peppers

20 Mins
Prep Time

2-5 Hrs
Cook Time

6
Servings

 **359** Calories **8g** Fat **54g** Carbs **16g** Protein



Ingredients

 **6 Servings**  **Allergens: Dairy**
 **2-3 Hrs** “High” Setting • **3-4 Hrs** “Low” Setting

1½ Cups Instant Brown Rice

1½ Cups Shredded Sharp Cheddar Cheese, divided

2, 15 oz Cans Black Beans, drained and rinsed 

1 Cup Canned Hominy or Canned Corn

1 Cup Mild Salsa, homemade or store-bought

2 Tbsp Fresh Cilantro, chopped 

1 Tsp Cumin 

½ Tsp Chili Powder

Salt and Pepper, to taste

6 Red Bell Peppers, tops cut off and seeds removed 

Optional Toppings*: Sour Cream, Avocado, Guacamole (store bought or homemade)

*Nutrition information does not include optional toppings

Allergen Swap

Dairy Replace the cheddar cheese with a dairy-free version.

Nourishment Note



Cumin

Cumin is known to help with digestion. It also may help slow the growth of certain forms of cancer.



Red Bell Peppers

Red bell peppers may help reduce inflammation, lower the risk of heart disease, and help boost immune function.



Cilantro

Cilantro, a type of herb, adds bursts of fresh flavor to any dish it's in. It also has anti-inflammatory properties which may help lower inflammation in the body.



Black Beans

Beans are an excellent source of plant-based protein. Reducing the amount of red meat in the diet and adding plant-sources of protein may help reduce inflammation in the body.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Rice

Cook rice according to package. While rice is cooking, prep the other ingredients.

3. Coat Slow Cooker with Cooking Spray

Lightly coat the inside of the slow cooker with cooking spray.

4. Combine Filling & Stuff Peppers

In a large bowl, combine the rice, 1 cup of cheese, black beans, hominy, salsa, cilantro, cumin and chili powder. Spoon the filling into each bell pepper.

5. Cook Stuffed Peppers

Place stuffed peppers into the slow cooker. Cover and cook either on high setting for 2-3 hours or low setting for 3-4 hours, or until the peppers are soft.

6. Add Cheese

Uncover and top with the remaining ½ cup of cheese. Cover and cook on low for an additional 10 minutes, until the cheese has melted.

7. Add Toppings & Enjoy

Serve immediately with sour cream, avocado or guacamole, if desired.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from damndelicious.net

What You'll Need



Slow Cooker



Measuring Cup



Measuring Spoons



Cutting Board



Knife



Non-Stick Cooking Spray



Large Mixing Bowl



Pot with Lid



Spoon



Jar Opener (optional)

Breathe Better Food Tip

- Swap out store-bought guacamole for homemade. Pre-made versions may contain salicylates that could be problematic for people with asthma.
- Freeze extra peppers and enjoy on days when energy levels are low.
- Beans, although a great source of plant protein, the high-fiber content can sometimes cause gas that leads to a “too full feeling”. This can make breathing uncomfortable. To help, replace half of the beans with ground chicken and cook for an additional 1 hour.