



## Crockpot Stuffed Peppers

SERVINGS: 6

PREPPING TIME: 20 MINS

COOKING TIME: 6 HOURS ON LOW OR 3 HOURS ON HIGH

### INGREDIENTS

- 6 large bell peppers (3 red and 3 yellow)
- 1 lb. ground chicken or turkey, raw
- 1 14 oz. can low sodium black beans, rinsed and drained
- 1 14 oz. can diced tomatoes
- 2 tsp. smoked paprika
- 1/4 cup Water
- 1 cup uncooked quinoa
- 2 tsp. chili powder
- 2 tsp. cumin
- 2 tsp. garlic powder
- 3 stalks spring onion, chopped
- 1/4 cup chopped fresh coriander
- 1/8 tsp. kosher salt
- 1 1/4 cup reduced fat shredded pepper jack cheese, divided

#### For Serving (optional):

- 2 tbsp. fresh cilantro
- 4 tbsp. salsa
- 1 cup plain low fat Greek yogurt
- 2 limes, cut in half

### DIRECTIONS

1. Start by slicing the tops off the bell peppers, cutting as close to the tops as possible to maximize space for stuffing. Carefully remove the ribs and seeds, ensuring not to break the sides of the peppers. Set the prepared peppers aside.
2. In a large bowl, combine ground chicken, black beans, tomatoes with their juices, smoked paprika, water, quinoa, chili powder, cumin, garlic powder, spring onion, coriander, salt, and 3/4 cup of cheese. Use a fork or your fingers to stir the ingredients together.
3. Spoon the filling into the hollowed-out centers of the peppers, filling them to the top.
4. Pour 1/2 cup of water into an empty 5-quart (or larger) slow cooker. Stand the stuffed peppers on their bases in the water, ensuring even spacing. Cover the slow cooker and cook on low for 6 hours or on high for 3 hours until the peppers become tender.
5. Remove the lid, sprinkle the peppers with the remaining 1/2 cup of cheese, then cover the slow cooker again. Allow it to heat for a few additional minutes until the cheese is melted.

### NUTRITION

Serving size: 1 stuffed pepper  
 (per serving) 410 calories, 15g fat, 6g saturated fat,  
 90mg cholesterol, 400mg sodium, 40g  
 carbohydrate, 10g fiber, 5g sugar, 28g protein