



CROCKPOT STUFFED PEPPERS

INGREDIENTS

6 Bell Peppers
1lb Ground Beef or Venison
½ onion, diced
1 Cup cooked quinoa or
rice
Pasta Sauce
½ Cup Parmesan Cheese
3 TB Dried Herbs (Italian
dry herbs)
Salt
Mozzarella Cheese,
shredded

DIRECTIONS

1. Cut the tops off Bell Peppers and scoop out the seeds and set aside
2. In a bowl combined ground meat (raw), diced onion, dried herbs, parmesan cheese, salt, and ½ cup-¾ Cup pasta sauce. Combine until well mixed.
3. Stuff the meat mixture into the peppers.
4. Pour ½ cup of sauce and 1 cup of water in the bottom of crockpot. Then place stuffed peppers in. Cook on low for 8 hours.
5. Before serving, top with mozzarella cheese and then cover and let cook for another 30 minutes.

NOTES

In my video I used rice but I prefer quinoa. I also used mozzarella balls instead of parmesan cheese but I prefer to use parmesan! You can use what you have in the fridge though 😊