

Veggie-Stuffed Peppers

Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370

Servings: 6

3 large red bell peppers
3 large yellow bell peppers
1 package (8.8 ounce) microwavable brown rice
1 can (15 ounce) cannellini beans, drained and rinsed
1 package (8 ounce) sliced fresh mushrooms
1 container (8 ounce) refrigerated chopped onion, celery and bell pepper mix
1 tablespoon fresh thyme leaves, chopped
1/2 tablespoon salt
1/2 teaspoon pepper
1 cup tomato and basil pesto sauce
1 cup (4 ounce) shredded Italian cheese blend

Preparation Time: 15 minutes

Cut off the stem end of each bell pepper (about 1/2 inch). remove and discard the seeds and membranes.

In a large bowl, mix the rice, beans, mushrooms, prechopped vegetables, thyme, salt, pepper and 1/2 cup of the cheese. Spoon the mixture evenly into the bell peppers.

Spray a six-quart slow cooker with cooking spray.

Spread the pasta sauce in the slow cooker. Arrange the peppers over the sauce. Sprinkle the peppers with the remaining cheese.

Cover and cook on LOW heat setting for four hours or until the peppers are tender.

Serve the peppers with the tomato sauce.

Start to Finish Time: 4 hours 15 minutes

Per Serving (excluding unknown items): 146 Calories; 1g Fat (3.1% calories from fat); 9g Protein; 28g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 541mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.

Slow Cooker, Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	146	Vitamin B6 (mg):	.3mg
% Calories from Fat:	3.1%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 73.3%
% Calories from Protein: 23.6%
Total Fat (g): 1g
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 28g
Dietary Fiber (g): 7g
Protein (g): 9g
Sodium (mg): 541mg
Potassium (mg): 852mg
Calcium (mg): 99mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 223mg
Vitamin A (i.u.): 3552IU
Vitamin A (r.e.): 355 1/2RE

Thiamin B1 (mg): .2mg
Riboflavin B2 (mg): .1mg
Folacin (mcg): 160mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 1/2
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 146 Calories from Fat: 5

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	541mg	23%
Total Carbohydrates	28g	9%
Dietary Fiber	7g	28%
Protein	9g	
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Vitamin A		71%
Vitamin C		372%
Calcium		10%
Iron		23%

* Percent Daily Values are based on a 2000 calorie diet.