

Chicken Stuffed Peppers

Family Circle Magazine

Servings: 5

Preparation Time: 15 minutes

Start to Finish Time: 6 hours 15 minutes

Cook time: 6 hours

1 1/2 tablespoons unsalted butter, 1.5

3/4 cup water

1 1/2 cups herb stuffing mix

2 ribs celery, diced

2 (about 1 cup) plum tomatoes, cored, seeded and diced

1 pound ground chicken

3/4 teaspoon salt

5 red or green bell peppers, tops removed and reserved, cored

1 cup hot water

Combine butter and water in a medium-size microwaveable bowl. Microwave for 1 minute.

Add stuffing mix and cover bowl, venting one side. Microwave an additional 1 1/2 minutes. Stir with fork.

In a large bowl, combine celery, tomatoes and ground chicken. Stir until blended. Add stuffing and salt. Stir to combine.

Divide stuffing evenly among peppers. Replace pepper tops, fit into oval slow cooker. Add hot water. Cover and cook for 6 hours on LOW setting.

Remove peppers with tongs and serve.

Per Serving (excluding unknown items): 293 Calories; 12g Fat (38.8% calories from fat); 30g Protein; 14g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 633mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fat.