

Crock Pot Stuffed Peppers



PREP TIME

10 mins

TOTAL TIME

10 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

314 kcal

INGREDIENTS

- 4 large Bell Pepper tops sliced off and de-seeded, can be left whole or sliced in half
- 2 c Cooked Brown Rice
- 15 oz can diced tomatoes
- 3 c vegetable broth
- 2 c TVP
- 1/2 Tbsp garlic powder
- 1/2 Tbsp onion powder
- 1 tsp chili powder
- 1 tsp cumin
- salt and pepper to taste

INSTRUCTIONS

1. Rehydrate your 2 cups of TVP in 2 cups of vegetable broth for 5 minutes.
2. In a large bowl mix TVP, tomatoes, cooked rice, and spices until well mixed.
3. Stuff mix equally in 4 de-seeded bell peppers (can be left whole and stuffed through the top or cut in half and the halves stuffed).

- Stand peppers up or lay down (halves) in your pot and pour the remaining veggie broth into the bottom.
- COOKING TIMES: - Crock Pot: cook on medium/high for 3 hours until peppers are soft - Insta Pot: cook on low pressure for 8 minutes - Stove Top: cook, covered, on low/medium heat for 60 minutes, adding more broth if necessary

NUTRITION

Nutrition Facts

Crock Pot Stuffed Peppers

Amount Per Serving	
Calories	314
	Calories from Fat 7
	% Daily Value*
Fat	0.8g
	1%
Carbohydrates	47.5g
	16%
Fiber	13.6g
	57%
Protein	28.3g
	57%

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



Tried this recipe?

Let us know how it was!