

# 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).

4. Stand peppers up or lay down (halves) in your pot and pour the remaining veggie broth into the bottom.
5. 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

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**Calories 314**

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Calories from Fat 7

## % Daily Value\*

**Fat 0.8g**

**1%**

**Carbohydrates 47.5g**

**16%**

Fiber 13.6g

**57%**

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**Protein 28.3g**

**57%**

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



**Tried this recipe?**

Let us know how it was!