**Stuffed Peppers**

(6 servings)

* 1 lb lean ground beef
* 1 ½ cooked rice
* 1 ½ cups shredded cheddar cheese
* 1 (15oz) can black beans drained
* 1 cup corn
* 1 cup salsa
* 2 tbsp chopped cilantro
* 1 tsp cumin
* ½ tsp chili powder or more
* Kosher salt and pepper to taste
* 6 bell peppers
* 2 tbsp sour cream

Directions

* Lightly coat the inside of a 6-qt slow cooker with nonstick spray.
* In a large bowl, combine beef, rice, 1 cup cheese, black beans, corn, salsa, cilantro, cumin and chili powder; season with salt and pepper, to taste. Spoon the filling into each bell pepper cavity.
* Place peppers into the slow cooker. Cover and cook on low heat for 3-4 hours or high for 2-3 hours, or until the peppers are tender and the beef is cooked through
* Uncover and top with remaining 1/2 cup cheese. Cover and cook on low heat for an additional 10-15 minutes, or until the cheese has melted.
* Serve immediately, drizzled with sour cream, if desired.