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Stuffed Bell Peppers

Budget-friendly recipe

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Serves: 4

Ready in: 5 hours 10 mins.

Bell peppers tend to vary in price so buy whatever is least expensive – red, green, or yellow – for this tasty dish.



Ingredients

2 pieces Large green bell peppers
2 pieces Large red bell peppers
½ cup Converted white rice (Uncle Ben's)
15¼ ounces Whole kernel corn *drained*
2¼ ounces Sliced ripe olives *drained*
3 pieces Green onions *chopped*
¼ teaspoon Seasoned salt
¼ teaspoon Garlic pepper
14½ ounces Diced tomatoes *un drained*
⅓ cup Dry red wine
6 ounces Tomato paste

What You'll Need

Measuring cups
Measuring spoons
Can opener

Directions

1. Slice tops off peppers & carefully remove seeds & inner ribs.
2. Remove stems from tops & chop remaining pepper pieces.
3. Stand the peppers upright in a 5 qt slow cooker.
4. In a medium bowl, combine chopped pepper tops, rice, corn, olives, green onions, seasoned salt, garlic pepper, & 1/4 cup tomatoes. Mix well.
5. Stuff peppers with corn mixture, dividing evenly & packing lightly.
6. Mix remaining tomatoes & their liquid with wine & tomato paste until well blended.
7. Pour over & around the peppers in slow cooker. Cover & cook on low for 6-7 hours, or until rice is cooked & peppers are tender, but still hold their shape.

Nutrition Info and more

Serving size: 1 piece

Total calories: 233 Total fat: 2.3 g Saturated fat: 0.3 g Carbohydrates: 48.3 g Protein: 6.7 g Fiber: 10.7 g Sodium: 810 mg