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## Stuffed Peppers

Prep Cook Time: 4hrs 30min SLOW COOKER

SERVES 4

### Ingredients

4-6 green bell peppers  
1 lb lean ground round  
8 oz can tomato sauce, divided  
2 cups Spanish rice, cooked  
1 large onion, chopped  
½ teaspoon salt  
¼ teaspoon pepper

### Steps

1. Brown ground beef.
2. Combine beef, ½ tomato sauce, rice, onion, salt and pepper.
3. Remove tops & insides of peppers.
4. Stuff mixture in peppers & place in slow cooker.
5. Pour remaining sauce over peppers.
6. Cover & cook on high 4 hours.