

Slow Cooker Beef Taco Stuffed Peppers

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Ingredients

4 medium bell peppers (we prefer red)
½ cup diced onion
¾ lb. lean ground beef (can substitute ground turkey)
1 tsp cumin powder
1 tsp garlic powder
1 can diced tomatoes (such as Rotel)
2 cups cooked brown or white rice (can make minute rice while beef cooks)
½ cup beef broth (can substitute vegetable broth)
salt and pepper to taste
¼ cup water
2 eggs, beaten
1 cup shredded cheddar or Mexican blend cheese, divided
2 tbsp fresh cilantro, chopped (for garnish – optional)



Directions

1. Heat a large skillet over medium heat.
2. Chop the tops off of the peppers (about 1 inch from the top) and set the peppers aside.
3. Dice the red part of the pepper tops (I only used 2 of the 4) and set aside.
4. Add the ground beef to the skillet to begin browning., stirring every minute or so.
5. Cook the minute rice according to package directions while the beef browns.
6. Add the onions and diced peppers to the beef after about 3 minutes.
7. Once the beef is browned, about 6-7 minutes, add the cumin, garlic powder, diced tomatoes and beef broth and allow to simmer for a couple of minutes then remove from the heat.
8. In the meanwhile, remove the seeds from the red peppers.
9. Stir in the cooked rice, the beaten eggs and ½ cup shredded cheese to the beef mixture.
10. Turn the slow cooker on HIGH (or LOW if preferred – see below) and add ¼ cup water to the.
11. Using a spoon, stuff the peppers with the beef mixture and place them upright into the slow cooker.
12. Cover and cook on HIGH for 3 hours or LOW for 5-6 hours.
13. Just before serving, carefully remove the cover and top each pepper with the remaining shredded cheese.
14. Cover for 2-3 minutes until melted.
15. Garnish with fresh cilantro if desired.
16. Serve warm with side dishes of choice.