

## Easy Slow Cooker Stuffed Peppers with Ground Beef and Rice

Slow Cooker Stuffed Peppers (Family Favorite!)



**OVEN**  
**350°F**

**TIME**  
**30 min**

**METHOD**  
**Slow cooker**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 lb. lean ground beef, cooked
- 5 large green bell peppers, tops removed and seeds cleaned out
- 1 ½ cups cooked white rice
- 1 (24 oz.) jar tomato sauce
- 2 cloves garlic, minced
- 1 medium white onion, finely diced
- ½ tsp sea salt
- ½ tsp garlic powder
- ½ tsp dried oregano
- ½ tsp dried thyme

### DIRECTIONS

- 1.** Prepare the Peppers: Cut the tops off the bell peppers and remove seeds and membranes. Be careful not to puncture the sides.
- 2.** Mix the Filling: In a large bowl, combine cooked ground beef, cooked white rice, minced garlic, diced onion, 1 cup of tomato sauce, and seasonings (salt, garlic powder, oregano, thyme). Mix well until fully combined.
- 3.** Stuff the Peppers: Fill each pepper with the beef and rice mixture, pressing down gently to pack the filling.
- 4.** Slow Cook: Place the stuffed peppers upright in the slow cooker. Pour the remaining tomato sauce around the peppers and drizzle a spoonful over the tops of each one. Cover and cook on LOW for 4-5 hours, until the peppers are soft and the filling is heated through.
- 5.** Serve and Enjoy: Carefully remove peppers using tongs or a slotted spoon. Spoon some sauce from the bottom of the slow cooker over the top and serve hot.

### TIPS FOR SUCCESS

Don't overstuff: Leave a little room at the top of each pepper for expansion.

Precook the meat: This ensures even texture and flavor in the filling.

Stand them up: Use crumpled foil or slice off a tiny bit from the pepper bottoms to help them stand upright.

Double the batch: These freeze and reheat beautifully-perfect for meal prep!

