



## RECIPE CARD

# STUFFED BELL PEPPERS

### Stuffed Bell Peppers

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

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#### Ingredients

- 2 **Green Bell Peppers** large
- 2 **Red Bell Peppers** large
- 1/2 cup **Rice**
- 15 1/4 ounces **Corn** canned, drained
- 2 1/4 ounces Ripe **Olives** canned, drained, sliced
- 3 stalks **Green Onions** chopped
- 1/4 teaspoon Seasoned **Salt**
- 1/4 teaspoon **Garlic**
- 14.5 ounces **Diced Tomatoes** undrained
- 1/3 cup **Red Wine dry**
- 6 ounces **Tomato Paste**

#### Directions

1. Slice tops off peppers and carefully remove seeds and inner ribs.
2. Remove stems from tops and 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, and 1/4 cup tomatoes. Mix well.
5. Stuff peppers with corn mixture, dividing evenly and packing lightly.
6. Mix remaining tomatoes and their liquid with wine and tomato paste until well blended.
7. Pour over and around the peppers in slow cooker. Cover and cook on low for 6-7 hours, or until rice is cooked and peppers are tender, but still hold their shape.



*Recipe adapted from eatFresh*