



Slow Cooker Stuffed Bell Peppers

Serves 4

Ingredients:

- 2 red bell peppers
- 2 green bell peppers
- 4 shallots, peeled and chopped
- 2 garlic cloves, crushed
- 2 tomatoes, seeded and chopped
- 450g cooked brown rice
- 3tbsp parsley, chopped
- 1tsp chilli powder
- salt and freshly ground pepper

Method:

1. Wash and dry the peppers
2. Slice off the top and scoop out the seeds (reserve the tops)
3. In a bowl mix the shallots, garlic, tomatoes, rice, parsley and chilli powder
4. Season with salt and pepper
5. Spoon the mixture into the peppers and cover with pepper tops
6. Place in the slow cooker and add a little water
7. Cook on low for 4-6 hours

