

Slow Cooker Taco Meat Loaf Stuffed Peppers

A twist on the classic stuffed pepper recipe with a taco meatloaf inside the peppers.

Prep Time	Cook Time	Total Time
20 mins	5 hrs	5 hrs 20 mins



5 from 3 votes

Course: Main Course Cuisine: American

Keyword: taco meatloaf stuffed peppers Servings: 5 Calories: 419kcal

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Equipment

- Slow Cooker- 6 quart or larger

Ingredients

The sauce for under the peppers:

- 1 1/2 cup salsa

For the peppers

- 1 lb. ground beef
- 4-5 bell peppers any colors (4 large sized or 5 medium)
- 1/2 cup diced white onion
- 1 large egg
- 1/4 cup sour cream
- 1/4 cup salsa
- 1.25 oz. taco seasoning mix (1 packet)
- 15 saltine crackers crushed
- 1/2 cup minute rice not cooked
- 1 cup shredded cheddar cheese add this on top at the end

Instructions

1. Add the 1 1/2 cups salsa to the slow cooker.
2. Cut the tops off the peppers remove and discard the seeds. Don't throw away the tops, chop up the top of the pepper and add to the meat loaf filling. In a medium sized bowl add the meat, diced tops from the bell peppers, onion, egg, sour cream, salsa, taco seasoning mix, crushed saltine crackers and rice. With clean hands mix the meat loaf ingredients together until just combined, don't over mix.
3. Stuff the peppers with the meat loaf mixture.
4. Place the stuffed peppers on top of the salsa.
5. Cover and cook on LOW for 5 hours without opening the lid during the cooking time.

6. After cooking time is done add a 1/4 cup of cheese to each pepper. Add the lid back on the slow cooker and let the cheese melt, it will only take a few minutes.

7. Serve and enjoy!

Notes

Nutritional values are approximate. Please use your own calculations if you require a special diet. Value are for 1/5 of the recipes.

Nutrition

Calories: 419kcal | Carbohydrates: 31g | Protein: 28g | Fat: 20g | Saturated Fat: 10g | Cholesterol: 88mg | Sodium: 1519mg | Potassium: 827mg | Fiber: 5g | Sugar: 10g | Vitamin A: 4380IU | Vitamin C: 127.7mg | Calcium: 224mg | Iron: 4.4mg

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