

# Crock Pot Freezer Meal: Stuffed Peppers



I've been obsessed with stuffed peppers lately- they're such a classic comfort food, and with the right fillings, they can be super healthy too! One thing I don't love about them is how much time it takes to make the filling, stuff them, and then bake. I was so excited to learn that you can make them ahead of time, freeze them, and then when you're ready to eat them, cook them in the crock pot all day while you're at work. That's my kind of meal.

I've been seeing a stuffed pepper soup recipe around the internet lately but honestly, it looks like just about as much work as the real thing!

My recipe is based on [this one](#) that I found on Pinterest. I added a few spices and changed up a few other things. If you want to save time, you could use Minute Rice instead of regular brown rice. I kept the tops off my peppers and chopped them up to put on salads.

For the steak seasoning, use your favorite brand. I personally love Dove [Chocolate Discoveries Sweet 'N' Spicy Cocoa Rub](#), but it is only available through Dove chocolatiers-kind of like Avon or Tupperware products.

### Slow Cooker Stuffed Peppers

- 6 bell peppers, cleaned with tops removed
- 1 lb uncooked ground beef or turkey
- 1 cup cooked brown rice
- 1 yellow onion, chopped
- 1- 14.5 oz can diced tomatoes
- 1 clove garlic, minced
- 2 T Worcestershire sauce
- 1 T steak seasoning
- 1/2 cup shredded cheddar cheese

In a large bowl, thoroughly mix ground meat, rice, onion, tomatoes, garlic, Worcestershire sauce, and steak seasoning.

Stuff peppers with the mixture. Place in covered freezer-safe container with stuffed side up until ready to cook.

To cook peppers: place frozen peppers in crock pot with stuffed side up. Add enough water to crock pot to cover the bottom of the pot. Cover and cook peppers on low for 8-10 hours. 30 minutes prior to serving, top peppers with the cheese and turn the crock pot to high to melt the cheese. Serve hot.