

# Crock Pot Pork Stuffed Peppers

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**Serving Size: 3 dinner portions of protein and vegetables**



Before Cooking

## *Ingredients:*

- 1 pound fresh ground pork
- One egg
- 1/2 package Ideal Protein Southwest cheese curls, crushed
- 2 cups finely chopped cauliflower
- 1 cup chopped green onions
- Three large green bell peppers
- 3 tablespoons Walden Farms ketchup
- Salt-and-pepper to taste

## *Directions:*

1. Combine all ingredients except the peppers and mix well.
2. Spray a crockpot with olive oil.
3. Wash the peppers, clean out the inside and cut off the top inch or so to make a lid.
4. Stuff the peppers with the pork mixture and then add the pepper lid. Spoon the remaining pork in around the peppers.
5. Cook covered on low heat for 6 to 8 hours in a crockpot May also be cooked in a 350° oven for about an hour.
6. Each pepper is equivalent to a dinner protein and 2 cups vegetables.