

Crock Pot Mexican Stuffed Bell Peppers

Yield: 4 min
Total Time: 375 min

Recipe from: <https://www.recipeschoose.com/recipes/crock-pot-mexican-stuffed-bell-peppers-recipe>

Ingredients:

- 4 bell peppers
- 1 pound lean ground beef 85 percent
- 1/2 yellow onion diced
- 1 cup enchilada sauce canned
- 1 1/4 cups shredded Jack cheese
- 3/4 cup rice cooked, leftover mexican
- salt
- pepper
- sour cream
- green onion

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 105 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 36 grams
7. SaturatedFat: 10 grams
8. Sodium: 990 milligrams
9. Sugar: 8 grams

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