

# Crockpot Mexican Stuffed Bell Peppers

Yield: 4 min  
Total Time: 85 min

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

## Ingredients:

- 6 bell peppers Color really doesn't matter...mix them up!
- 16 ounces hot sausage
- 1/3 cup panko bread crumbs
- 1/3 cup rice uncooked Mexican
- 2 carrots medium, peeled
- 1 onion large, peeled
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup water
- 1 cup salsa
- 1 cup mexican blend cheese

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 120 milligrams
4. Fat: 45 grams
5. Fiber: 6 grams
6. Protein: 27 grams
7. SaturatedFat: 19 grams
8. Sodium: 2210 milligrams
9. Sugar: 10 grams

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