

Vegetable Recipe

Slow Cooker

Stuffed Peppers with Cous Cous and Pinto Beans



Ingredients:	Approx. Cost*
4 green peppers	\$5.16
1/2 cup whole wheat cous cous, dry	\$.70
1 - 15 oz can pinto beans, drained and rinsed	\$.99
1/4 cup red onion	\$.25**
1/2 cup jarred salsa	\$.62
1/2 cup corn, fresh off the cob or canned	\$.50
1 cup shredded cheese, jack or cheddar or both	\$2.00
Total:	\$10.22

of servings: 8 servings. **Cost per serving: \$1.28**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Slice the tops off the peppers and scrape out the seeds and membranes. Set in slow cooker. In a separate bowl mix together cous cous, beans, onion, salsa, corn and cheese. Lightly fill the peppers with the mixture. Cover and cook on high for 2 - 2 1/2 hours or on low for 4 - 4 1/2 hours. Cut each pepper in half and serve.

Nutritional Information per serving

Calories	173
Total Fat	5 g
Saturated Fat	2.5 g
% of daily total	12 %
Carbohydrate	25 g
s	
Protein	8.5 g
Fiber	5 g

	% of daily total	
Vit A	7	%
Vit C:	90	%
Calcium:	13	%
Iron	8	%
Good source of*	Vitamin C, Calcium, B6, Magnesium, Niacin, Potassium, Riboflavin, Thiamin, Zinc	
*(10% or more of the RDA)		

based on 2000 calorie diet

