



Stuffed Peppers with Couscous and Pinto Beans

Number of Servings: 8

Serving Size: ½ stuffed pepper

Equipment:

Slow cooker

Ingredients:

- 4 green peppers
- ½ cup whole-wheat couscous, dry
- 1-15 ounce can pinto beans, drained and rinsed
- ¼ cup red onion
- 1 cup homemade salsa, or low sodium jarred salsa*
- ½ cup corn, fresh off the cob or canned that has been rinsed
- 1 cup shredded cheese, jack or cheddar or a combination of both

*Use of jarred salsa may increase sodium content

Directions:

Wash peppers, slice the tops off and scrape out the seeds and membranes. Set in the slow cooker. In a separate bowl, mix together couscous, beans, onion, salsa, corn and cheese. Lightly fill the peppers with the mixture. Cover and cook on high for 2-2 ½ hours or on low for 4-4 ½ hours. Cut each pepper in half and serve.

Cost per recipe: \$12.05

Cost per serving: \$1.51

MyPlate servings: ½ serving of grain, 1 serving of vegetable, ¼ serving of dairy

Nutrition Facts

Serving Size 1/2 stuffed pepper
Serving Per Container 8

Amount Per Serving

Calories 207

% Daily Values*

Total Fat 8g		12%
Saturated Fat 3g		15%
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 2g		
Cholesterol 15mg		5%
Potassium 404mg		12%
Sodium 260mg		11%
Total Carbohydrate 26g		9%
Dietary Fiber 5g		20%
Sugars 3g		
Protein 10g		20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>