

# Crock Pot Inside Out Stuffed Peppers

Stuffed peppers are a delicious union of textures and are meant for slow cooking. But sometimes, the prep work of cutting and chopping and mixing and stuffing is just too much. Consider this my recipe for “inside out stuffed peppers”. I’ve figured out a way to get that same great result with even less time. It might not have the same presentation as beautifully stuffed bells, but if you are looking for ease and a great meal, this is a good sloppy way to serve a favorite dish. Enjoy!

1 lb. ground turkey or chicken

2 T. dried parsley

1/2 c. uncooked rice

1 t. salt

1/2 t. ground pepper

1/2 t. red pepper flakes

1 t. worchestershire sauce

1 16 oz. bag frozen chopped peppers

1 medium onion, sliced

2 c. spaghetti sauce

Mix together first seven ingredients. Put frozen peppers and onions in bottom of crock pot. Form 12-14 meatballs from the mixture and arrange in a single layer in the crock pot. Pour spaghetti sauce on top evenly. Cook on high for 3-4 hours.