

Slow Cooker Stuffed Peppers with Meat

9 medium bell peppers, seeded with tops cut off but save the tops

4 cups sauce for crockpot + 1 cup sauce for meat mixture or **2 jars** marinara sauce (26 ounces each) or 737 grams each

1 teaspoon cinnamon for sauce

2 eggs

2 teaspoons garlic powder

1 cup white rice, uncooked (basmati or jasmine or Persian are all fine)

1 kilo (2 pounds) ground beef

1 medium onion, peeled and chopped

1 large bell pepper, seeded and chopped

Directions:

Mix sauce together with cinnamon in bowl or measuring cup. Set aside. Place in bowl the eggs, garlic powder, rice, ground beef, chopped onion and chopped pepper *and one cup of the prepared sauce*. Mix till thoroughly combined. Stuff the peppers evenly with the meat mixture. Place the rest of the sauce in a slow cooker liner bag (place a cup or two of water on the slow cooker ceramic crock and then place bag on water to prevent bag getting scorched) and place stuffed peppers snugly together on top of sauce (sauce will come up about 3/4 way of peppers) and cover with their tops. Cover slow cooker and turn on low and cook between 8-10 hours or till top of pepper when pierced with skewer is soft. Can be cooked on high for 4-6 hours and checked the same way. Freezes beautifully.