



# Slow-Cooker Greek Stuffed Peppers

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Recipe Source: [www.marthastewart.com](http://www.marthastewart.com)

## Ingredients:

4 large red bell peppers  
1 (15 oz) can no-salt added cannellini beans, rinsed and drained  
1 cup (4 oz) crumbled feta  
½ cup whole wheat couscous  
4 green onions, white and green parts separated, thinly sliced  
1 garlic clove, minced  
1 tsp dried oregano  
Salt and freshly ground black pepper  
Lemon wedges for serving

## Steps:

- Slice a very thin layer from the base of each bell pepper so they sit flat. Slice off tops just below stem. Discard stems, chop tops, and place in a medium bowl. Remove ribs and seeds from peppers.
- Add beans, feta, couscous, green onion whites, garlic, and oregano to bowl. Season with salt and pepper and toss to combine.
- Stuff peppers with bean mixture. Place upright in slow cooker. Cover and cook on high for 4 hours.
- Sprinkle peppers with green onion greens. Serve with lemon wedges.

*Tips from the Test Kitchen: Green bell peppers can be used but red peppers have a milder taste. If you don't have cannellini beans, substitute another variety such as garbanzo, great northern, or even kidney beans. Be sure to place peppers so they are not touching the sides of the slow cooker to avoid burning.*

**Nutritional Facts:** per serving Calories: 325, Carbohydrates: 45 grams, Protein: 17 grams, Total Fat: 9 grams, Saturated Fat: 6 grams, Cholesterol: 33 mg, Sodium: 652 mg, Fiber: 10 grams, Total Sugars: 11 grams.