



Beef and Quinoa Stuffed Peppers

Serves: 6



Ingredients:

Peppers

- 6 small bell peppers, tops in mix
- ½ cup dry quinoa, uncooked
- 1-pound lean ground beef
- 1 small yellow onion, diced one cup
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ tsp pepper

Sauce

- 1 tablespoon Italian seasoning
- 15oz can tomato sauce

Materials

- 1 gallon sized freezer bag
- 1 quart size freezer bag

Instructions

1. Label your gallon sized freezer bag with the name of the recipe, cooking instructions, and “use by” date (3 months from when you prepped the meal).
2. Cut tops off peppers, clean, and set aside.
3. In a large bowl, mix diced tops of peppers with remaining “peppers” ingredients.
4. Spoon equally into peppers (about 1 cup per pepper) and place in freezer bag.
5. To your quart sized bag add sauce ingredients.
6. Remove as much air as possible from both bags, seal, and freeze.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Place stuffed peppers in crockpot and cover with sauce.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Top with parmesan cheese and serve with a salad.