



Recipes by Peter

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## SOUTHWESTERN STUFFED PEPPERS

As many of you know I spent over 30 years living in the great Southwestern part of the US. Because of this, my style of cooking leans towards Southwestern flavors.

If you don't like Southwestern flavors go ahead and click that exit button (just kidding)... you can easily make these peppers using Italian flavors by adding Italian seasonings (instead of taco seasonings), red pasta sauce (instead of salsa) and mozzarella cheese (instead of Mexican blend cheese.)



This recipe for Southwestern Stuffed Peppers uses simple ingredients and they bring a ton of flavor.

One of the tricks of this recipe is to find bell peppers that are more wide than tall. If you can't find peppers that will stand upright easily, use a knife and trim off some of the bottom of the peppers so the bell pepper will stand more upright, which makes them easier to fill and they will cook better, too.

I also recommend that you pick peppers of different colors, if possible, just to make the meal more interesting to the eyes.

In this recipe I'll be using the Ninja Combi oven, but you could just as easily do this in the Ninja Speedi!

## INGREDIENTS

- \* 4 Bell Peppers of Different Colors to Stuff
- \* 1 Additional Bell Pepper Seeded and Diced to Cook with the Beef
- \* 1 LB of Ground Beef
- \* ½ of a Red Onion – Finely Diced
- \* 1 Cup of the Salsa of Your Choice (I used 505 Southwestern Roasted Corn and Black Bean Salsa, but it has Hatch Chile's and it's got a kick to it!)
- \* 2 Tablespoons of Kinders Taco Blend Seasoning (You can use the taco seasoning that you like best or have on hand, Kinders is what I have on hand.)
- \* 1 Cup of Cooked Rice
- \* Mexican Blend Cheese
- \* Tone's Lime and Cilantro Seasoning (optional, or you could add fresh cilantro and lime juice to the rice once cooked!

## DIRECTIONS:

Prepare your peppers by making sure they will stand upright easily, and then slice off the tops and clean out the seeds and veins in the peppers.

You can cook the rice using the Ninja Combi while you cook the beef, or you can use a cup of left-over rice. If you are using the Ninja Combi place one cup of rice in the Combi pan and rinse the rice 3 times. I'm rinsing the rice with this recipe because I don't want the rice to stick together and rinsing the rice will remove some of the starch which makes the rice stick together. If you don't want to rinse the rice, it's your choice.

Once the rice is rinsed add two cups of water to the rice, add some salt and the lime and cilantro seasoning (if using) and a bit of oil. I have found leaving the Combi tray in place over the Combi pot creates a lid over the rice and the rice does cook better with the tray in place. Set the Combi for Rapid Meals and 15 minutes, press start.

**Note:** I know the Combi has a Rice cooking feature, but I have not found that it is reliable when cooking the rice, and sometimes I have to run the Rice cooking feature two times to get the rice cooked.

Now move to the stove and start to cook the diced peppers and onions. Sauté the onions and peppers until soft and then add the beef. Brown the beef and as the beef is almost ready add the taco seasoning. Mix all together. I use paper towels to get out most of the fat from the meat, but not all. Fat is flavor (this is why I am delicious! Lol)

Once the meat, peppers and onion are cooked, and the rice is cooked, mix into the meat mixture about 1 cup of the cooked rice and combine everything.

Now it's time to fill the peppers.

Using a spoon that will fit inside of the peppers (you want to be able to press the meat and rice mixture into the peppers, fill each pepper to the top. Press a good amount of cheese into the peppers... don't just set the cheese on top of the meat mixture, compact it down and then put more cheese on top of the cheese.

Using the Combi pot (that you cleaned if you cooked the rice in the pot) place the air fryer rack on the pot. Pour one cup of water into the pot and place the stuffed peppers on top of the air fryer rack that is sitting on top of the pot.

Turn the Combi on and move the lever up and set to the Rapid Meals mode and the temp to 375 degrees (F) and the time to 15 minutes. Press start.

The Combi will go through its initial heat up stage and then start the cook. Start checking your peppers at about 8 minutes and remove the peppers when you think they are cooked as you want them. I have cooked the peppers as short as 8 minutes and as long as 12 minutes, but never 15 minutes.

Remove from the peppers from the Combi, let them cool a bit and serve with a fresh salad of your choice.

Enjoy!