

AIR FRYER STUFFED BELL PEPPERS

INGREDIENTS

- 2 tbsp olive/avocado oil
- 2 small yellow onion, diced
- 1 tbsp minced garlic
- 6 bell peppers (any color)
- 1 lb ground beef
- 1 1/2 tsp Italian seasoning
- 1 tsp sea salt
- 1 15oz can diced tomatoes
- 1 tbsp coconut aminos/Worcestershire sauce
- 1 cup rice/cauliflower rice
- 1 cup water (only if using rice)
- 1 cup shredded cheddar cheese (optional)

✓ GLUTEN/DAIRY FREE

✓ SERVES 6

✓ GREAT FOR MEAL PREP!

INSTRUCTIONS

1. Preheat air fryer to 400 degrees for 3-5 minutes.
2. While it's heating, cut the tops off the peppers & clean out the middles.
3. Dice the top of the peppers & set aside to use in the mixture.
4. Place the peppers in the basket.
5. Cook for 6 minutes.
6. While the peppers are cooking, make the filling.
7. Heat the oil in a large deep skillet over medium heat.
8. Once oil is hot, add onion & leftover diced bell peppers.
9. Cook for 2-3 minutes until soft.
10. Add garlic.
11. Cook for another 1-2 minutes.
12. Add ground beef & cook until no longer pink.
13. Add Italian seasoning, sea salt, diced tomatoes, coconut aminos.
14. Stir to combine.
15. Add the uncooked rice (or cauliflower rice) & water (omit if using cauliflower rice).
16. Turn heat to medium-low, cover the pot with the lid, & simmer for 10-15 minutes, until rice is tender. (If using cauliflower rice, you can omit this step)
17. Scoop mixture evenly into each pepper.
18. Place peppers back in air fryer.
19. Cook for 4 minutes.
20. Add shredded cheese on top & cook for another 4 minutes. (If not using cheese, cook peppers for 8 minutes total).
21. Enjoy!

