

Air Fryer Stuffed Peppers (Mexican-Style)

Ingredients

- 4 large **green bell peppers**
- ½ cup white rice
- 1 cup water
- Salt and oil (for rice)
- 1 lb ground beef (or ground turkey)
- 1 small onion, diced
- 2 cloves garlic, minced
- ½ cup red bell pepper, diced
- 6 oz tomato paste
- ½ cup water
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp paprika
- ½ tsp ground coriander (optional)
- Pinch cayenne (optional, for heat)
- Salt and black pepper
- 1–1½ cups shredded cheese (mix of yellow and white cheeses)

Method

1. Cook the rice

Combine rice, water, pinch of salt, and a small drizzle of oil in a saucepan. Bring to a boil, cover, reduce heat, and simmer **15 minutes**. Set aside.

2. Prep the peppers

Cut tops off peppers and remove seeds and membranes. Lightly oil the outside of each pepper and set aside.

3. Make the filling

Heat a skillet over medium heat with a little oil. Brown ground beef with onion until mostly cooked. Add garlic and red bell pepper; cook 1–2 minutes. Stir in tomato paste, water, spices, salt, and pepper. Simmer **5 minutes**, then stir in cooked rice.

4. Stuff the peppers

Fill peppers generously with the meat mixture. Place each pepper into an **individual ramekin** (ramekin should come about halfway up the pepper).

5. Air fry

Place ramekins in the air fryer basket. Cook at **350°F for 12–15 minutes**, until peppers are tender.

6. Add cheese

Top each pepper with shredded cheese. Return to air fryer and cook **2–3 minutes**, until cheese is melted and bubbly.

7. Rest and serve

Let rest a few minutes before serving.

Notes

- Green peppers are intentional — slightly bitter and perfect with the savory filling.
- Ramekins keep peppers upright and prevent burning.
- Leftovers reheat well in the air fryer or microwave.
- Cozy, unfussy, and very reliable.