

The Best Instant Pot Stuffed Peppers for Clean Eating!

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Ingredients

Instant Pot Stuffed Peppers Recipe:

- 4 bell peppers, seeded (my favorite is with yellow peppers, but green peppers are good too)
- 1 small onion, chopped
- 1 roma tomato, diced
- 2 cloves of garlic, minced
- 1 lb lean (95/5 or leaner) ground beef or ground turkey
- 1 boil in bag pack of brown rice
- 1 egg
- 1 can tomato sauce (15 oz)
- 1C grated Parmesan cheese
- 2 tsp salt
- 1 tsp pepper
- 1 pinch cayenne pepper
- 1 tsp adobo
- garlic powder
- dried parsley



Steps

1. Slice tops off green peppers and remove the seeds.
2. Poke holes in the bottom of the peppers to allow fat from the meat to seep out.
3. Dice pepper tops, dice onion, dice tomato, mince garlic.
4. Mix diced veggies with ground meat of choice, egg, rice, seasonings and 1 tbsp of the tomato sauce.
5. Fill peppers with meat mixture.
6. Pour 2/3 of tomato sauce into the bottom of the instant pot with 2/3 can of water.
7. Put trivet in and the stuffed peppers on top.
8. Pour remaining tomato sauce on top of the peppers.
9. Lock lid and cook on manual for 15 Mins.
10. Use the natural release method when cooking time is up.
11. When completely done, sprinkle with the cheese on top. You can use your cheese of choice if you prefer a different kind. Mexican blend and mozzarella also work well.
12. Close lid for a few moments to melt the cheese completely.
13. Serve pepper with some of the liquid at the bottom of the pot.
14. Enjoy!

Notes

- *** You can also bake for 45 minutes at 375 degrees F