



# KING KOOKER®

*Outdoor Cooking Products*  
by: Metal Fusion Inc.

## Instruction Sheet for Model# 9BPR Stuffed Bell Pepper and Tomato Rack

### DIRECTIONS: King Kooker® Stuffed Bell Peppers

9 medium sized bell peppers, cored and rinsed. Dispose of the insides.

1/3 cup liquid vegetable oil

1 cup of chopped onions

1 tablespoon minced garlic

2 lbs. Cajun boudin - Remove the meat from the sausage casing.

1/2 teaspoon black pepper

King Kooker® Cajun Seasoning, to be shaken into mixture during cooking

2 cups of Italian Bread Crumbs, plus 1/2 cup extra for spreading on top of stuffed peppers

2 eggs, cracked into a small bowl and stirred



Prepare the stuffing mix using at least a 4 qt. cooking pot on your stove or outdoor cooker. Pour 1/3 cup of vegetable oil into the pot to sauté the onions. Use a low fire. Place the onions into the oil in the pot and sauté, stirring constantly until the onions become soft and clear. Add the garlic. Add the Cajun boudin (previously removed from the skin) and continue stirring. Season with the salt, pepper and King Kooker® Cajun Seasoning to taste. Gradually add the 2 cups of Italian Bread Crumbs, stirring it into the mixture. Stir the eggs into the mixture. Cook for a few more minutes, stirring to mix all of the ingredients. Turn off the fire.

Place the 9 prepared bell peppers onto the King Kooker® Stuffed Bell Pepper and Tomato Rack. Scoop the stuffing mix into each of the 9 bell peppers filling them to the top. Sprinkle the tops of the bell peppers with the remaining 1/2 cup of Italian Bread Crumbs. If you are baking the stuffed peppers in a conventional oven, please place the rack on top of a pan to keep juices from running into the oven.

Bake in the oven, smoker or grill at 350° for approximately 30 minutes, or until the bell pepper shells are soft and tasty. Enjoy!

### DIRECTIONS: King Kooker® Stuffed Tomatoes

9 medium tomatoes - Cut off the top of each tomato, and core out the insides with a metal spoon, leaving 1/2" walls on the tomato shell. Save the insides of the tomato which have been removed to add to stuffing mix; chop into small pieces.

2 lbs. ground beef

1/3 cup liquid vegetable oil

1 cup chopped onions

1 tablespoon minced garlic

1 teaspoon salt

1/2 teaspoon black pepper

King Kooker® Cajun Seasoning, to be shaken into mixture during cooking

2 cups of Italian Bread Crumbs, plus 1/2 cup extra for spreading on top of stuffed tomatoes

2 eggs, cracked into small bowl and stirred

Prepare the stuffing mix using at least a 4 qt. cooking pot on your stove or outdoor cooker. Place the ground beef into the pot and sauté until it is lightly browned. Drain off the excess fat, and remove the cooked ground meat to a bowl until later. Pour 1/3 cup of vegetable oil into the pot to sauté the onions. Use a low fire. Place the onions into the oil in the pot and sauté, stirring constantly until the onions become soft and clear. Add the garlic and the tomato insides which were removed from the shells during preparation.

Add the browned ground meat back into the pot and continue stirring. Season with the salt, pepper and King Kooker® Cajun Seasoning to taste. Gradually add the 2 cups of Italian Bread Crumbs, stirring it into the mixture. Stir the eggs into the mixture. Cook for a few more minutes, stirring to mix all of the ingredients. Turn off the fire.

Place the 9 prepared cored tomatoes onto the King Kooker® Stuffed Bell Pepper and Tomato Rack. Scoop the stuffing mix into each of the 9 tomatoes filling them to the top. Sprinkle the tops of the stuffed tomatoes with the remaining 1/2 cup of Italian Bread Crumbs. If you are baking the tomatoes in a conventional oven, please place the rack on top of a pan to keep juices from running into the oven.

Bake in the oven, smoker or grill at 350° for approximately 30 minutes, or until the tomato shells are soft and tasty. Enjoy!

### **CLEANING:**

Hand wash the cooking tray with hot sudsy dishwashing detergent and dry after each use.

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