

Green Pepper



Health Benefits

Very high in vitamin C !

Storage

Cover and store in the refrigerator.

Preparation

Rinse well with water. Remove stem and seeds on the inside before eating. Can be eaten raw or cooked. Slice, chop or dice, add to salads, stir fries, sandwiches, soups and homemade sauces.



Stuffed Peppers

Ingredients:

- 4 bell peppers
- ½ pound ground meat of your choice
- 2 cups uncooked rice
- 1 jar of tomato sauce
- ½ cup shredded cheese

Directions:

1. Preheat the oven to 350 °F.
2. Cut the tops off of the bell peppers and arrange standing up in a baking dish.
3. Cook 10-15 minutes or until tender
4. In a large pan over medium-high heat, break apart ground meat until well browned.
5. Add rice, 5 cups of water and tomato sauce to the pan.
6. Give it a good stir and bring to a boil. Reduce to low, cover, and cook for 20 minutes, stirring occasionally.
7. Spoon mixture into the baked peppers and top with cheese. Bake for 5 minutes or until cheese is melted.

Servings: 4

