



Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items:

Radical Roots Farm: HCPS Mobile Cafe: Green Pepper, Kale

Scallions, Lettuce, Tomato, Cucumber, Zucchini and St. Isidore's Carrots

All other locations: Green Pepper, Kale, Scallions, Lettuce, Zucchini, Tomatoes, Cucumber, Herb and St. Isidore's Carrots

St. Isidore Homestead & Permaculture: Carrots, Tomatoes, Thyme, Chard, Radical Roots' Green Peppers

Friendly Neighbor Gardens: Carrots, Chard, Beets, Cucumber and Radical Roots' Green Peppers

Recipe of the week:

Stuffed Peppers

Ingredients

- 4 green peppers
- Oil
- 1/2 diced red onion
- 1 garlic clove (or garlic powder)
- Paprika
- 300 gr ground beef (or two cups of cooked black beans)
- Salt and pepper
- Oregano
- 2 boiled eggs
- Raisins
- Cheese (any type that melts)

Directions

1. Heat the oil in a pan and cook the onions, garlic, and paprika, after some minutes, add the ground beef (or black beans). Add salt, pepper and oregano. Turn off the heat and add the raisins and the boiled egg (diced).
2. Cut the top of the pepper as if it was a lid. Stuff them with the meat (or black beans) and put a layer of cheese on top, then cover them with the "lid".
3. Place the pepper in an oven-safe tray and cook at 350°F for about 20 minutes or when the peppers are soft, and the cheese is bubbly.



vinefigeducation.org/recipes