



# Bell Peppers

## Lakota: yamnúmnugA thózi

### Sampling Display Instructions

#### Stuffed Green Peppers

Ingredients	24 samples	32 samples	48 samples
Samples: 1 pepper wedge with 2 Tablespoons topping			
Green peppers	3 medium	4 medium	6 medium
Chopped onion	¼ cup	⅓ cup	½ cup
Chopped celery	¼ cup	⅓ cup	½ cup
Garlic powder	⅛ tsp	Scant ¼ tsp	¼ tsp
Vegetable or olive oil	1 Tbls	1 ½ Tbls	2 Tbls
Canned kidney beans	8 oz	12 oz	16 oz
Cooked rice, brown	1 cup	1 ½ cups	2 cups
Black pepper	⅛ tsp	Scant ¼ tsp	¼ tsp
Grated cheese	¼ cup	⅓ cup	½ cup

#### Directions:

1. Cook the rice and set aside. Remove top and seeds from green peppers. Cut each pepper into 8 wedges.
2. Steam peppers in a microwave-safe dish. Place them in 2 inches of water and cover with a lid. Microwave on high for 5 minutes.
3. For the filling, cook onion and celery in oil until slightly soft. Add beans, rice, garlic, and pepper.
4. Place green pepper wedges in baking pan. Spoon filling on top of peppers and top with grated cheese.
5. Bake at 350 degrees F for 5- 10 minutes. Don't overcook.

#### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Recipe video (optional)  
<https://youtu.be/ipDJwVlxSD8>
- Pick it! Try it! Like it! produce sign as table tent
- Pick it! Try it! Like it flyer or recipe card
- Food allergy sign on table

#### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place a few samples at a time on small paper plates. Ask parent's permission before children may.
- Prepare Stuffed Green Peppers. Slightly undercook so that it keeps its structure. Place in crock-pot and transport to the store. Keep heated.
- Ask if they use bell peppers often in meals. Ask if they could use this recipe. Point out that peppers are easy to grow at your home in a garden or container.