



Stuffed Bell Peppers

John Lewis, age 18

Ingredients

1/2 lb. lean ground beef
4 bell peppers
1/2 yellow onion, diced
3 cloves garlic, minced
1 tbsp. fresh Parsley, chopped
1 tbsp. fresh Cilantro, chopped
1 egg, beaten
1 tbsp. olive oil
Pepper to taste

Directions:

Wash the bell peppers, remove tops, and set aside.

Remove the seeds and flesh with a spoon.

Pre-heat oven to 400 degrees.

Mix together (by hand or in a food processor) beef, onion, garlic, parsley, cilantro, and egg.

Place stuffing in each bell pepper.

Bake for 45-50 minutes.

Chef's tip: Top with salsa and cotija cheese.

Serves 4.

The California Foundation for Agriculture in the Classroom provides educators with low cost and free materials, trainings, and information to promote student understanding of California agriculture.