



International Peppers *Stuffed peppers with an international twist*****

From: the Sister's Kitchen

Horn of the Bull peppers (or any flavorful, sweet pepper good for stuffing)

Use as the base:

White or brown rice, pre-cooked

Ground meat (beef, turkey, pork, Italian sausage) or no meat at all

Salt and pepper, to taste

The Greek

Kalamata olives, seedless & quartered

Red onion, finely chopped

Tomato, chopped

Spinach, finely chopped

Feta cheese, cubed

Greek seasoning

The Italian

Tomato, chopped

White onion, finely chopped

Mushrooms, chopped

Mozzarella cheese/parmesan cheese, shredded or cubed

Fresh basil

Fresh or dried oregano

The Mexican

White onion, chopped

Tomato, chopped
Sweet peppers, chopped
Jalapeno peppers, finely chopped
Cotija cheese, cubed

Cut off the top of the pepper, attempting to retain the cap in contact, really just for looks. Seed pepper.

Combine raw ground meat and rice. Create each mix and add rice and meat to the mix, this makes it easy to have some for vegetarians, just omit the meat in some of the mixtures. Stuff peppers.

Wrap each pepper in foil, place on hot grill for approximately 25 minutes, checking on them and turning after about 10. For the last 5 minutes open foil and let pepper blacken and soften a bit. Bigger peppers will take longer. Easily altered recipe, just add what's in the fridge. Good as leftovers.

Use toothpick flags to designate the country!