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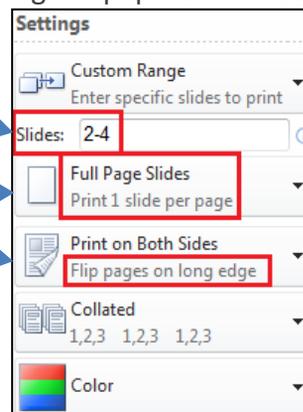
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## Printing Instructions; for the:

- **Recipe card**, print on cardstock using the double side print option. Pages 2 & 3 are designed to line up back and front when printed. The recipe card measures 3"x5".
- **Jar labels**, print on sticker back paper, cut to size.
- **Printer Settings:**

Here are my printer settings: Yours may be a little different depending on your printer, but the "options" should be similar. Practice on regular paper before cardstock to make sure its lines up properly.

- Print beginning on page 2
- Print 1 slide per page
- Print both sides, flipping pages on the long side



The cards are formatted and aligned to print properly on the back and front.

# Front Card A

## Stuffed Bell Peppers

**Prep Time:** 30 minutes    **Skill Level:** easy  
**Total Time:** 60 minutes    **Yield:** 4 bell peppers



### Ingredients:

- 4 bell peppers, a little larger than a baseball
- 1 – 2 tbsp lard, bacon grease, butter, ghee or olive oil\*\*
- 1 lb. ground meat (use beef, chicken, pork, buffalo, venison, or yak meat)\* \*\*
- 1 medium onion, finely chopped
- 2 cups fresh spinach, finely chopped
- 2 cups cooked rice\*
- 4 oz fresh mozzarella cheese\*\* (~1 oz to top each pepper)
- 1-2 cups grated cheddar or Monterey jack cheese\*\*

\* can be from a leftover  
\*\* use whatever you have

[More ingredients on back of card](#)

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# Front Card B

### When using fresh vegetables:

Sauté the onion, carrots and celery at the same time until vegetables are soft.

**Using fresh vegetables will make more stuffing. At the stuffing stage, fill a little past the edge or make an “extra” stuffed bell pepper**

### Instructions:

1. Prepare the peppers: cut off about 1/4” of the top of each pepper, gently remove the pith (white part) and seeds. *Rinse and set aside.*
2. In a large, heat resistance, bowl, mix the grated cheese and spinach. *Set aside.*
3. In a skillet on medium heat, add:
  - 1-2 tbsp lard and onions. Sauté until onions are soft. *Do not caramelize or burn the onions.*
  - Add 1 lb. of ground meat of choice and brown.
  - Add salt, black pepper, Italian seasoning, cooked rice, mushrooms, kale, and turmeric.

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## Back Card A

### Ingredients (continued):

- 2 tbsp dehydrated sweet bell pepper
- 2 tbsp dehydrated onion flakes
- 1 tbsp dehydrated celery
- 1 tbsp dehydrated carrots
- 2 tsp Himalayan salt
- 2 tsp black pepper
- 2 tsp parsley

### Optional:

- 2 tbsp dehydrated mushrooms (any variety)
- 1/2 tsp dehydrated kale
- 1/4 tsp turmeric

**For fresh ingredients instead of dehydrated; alternative measurements :**

### Finely chop:

- the “tops” that you cut off from the base of the sweet bell pepper
- 1/2 celery stalk or 1/2 cup of the leafy center
- 1/4 cup each onion and carrot
- 4-5 button or baby portabella mushrooms\* (any variety)
- 1/4 cup kale (add with the spinach)

## Back Card B

4. Once the rice is heated through, add the contents of the skillet to the spinach and cheese mix. Stir until all ingredients are mixed thoroughly.
5. Spoon the mixture into each of the bell peppers until right along the top of the pepper. Use foil to help stabilize the peppers so they will remain upright.
6. Top each pepper with ~1 oz of mozzarella cheese or sprinkle with cheddar cheese. Goat or feta makes a great addition. *Use whatever you have on hand*
7. Lightly cover with foil and bake at 350-375° for 30-45 minutes. Cooking may take longer if the peppers are large. About 5-8 minutes before you remove the stuffed peppers, remove the foil and melt the cheese on the top.

**Serve warm. Goes great with a side salad.**