Peppers

Nearly 1,500 Michigan farms produce peppers.

Peppers are high in vitamins A and C.

Capsaicin is what makes hot peppers hot.

cultivatemichigan.org
Many local vegetable crops become available in July, including all varieties of peppers. While you most often may see sweet bell peppers, Michigan farmers grow a wide variety of both sweet and hot peppers. Peppers are a highly nutritious and versatile crop, making them a great addition to menus at all types of institutions.

The Michigan Pepper Toolkit provides resources to help make it easier for institutions to find, buy and use this delicious vegetable. Learn how to purchase peppers from distributors or directly from farmers, find recipes that have been tested and perfected by food service staff members, and use the marketing materials to share the results of your efforts with staff members, eaters and in local communities. Then track your local purchases through the Cultivate Michigan Dashboard as we work towards reaching the 20% Michigan foods in all Michigan institutions by 2020.

Quick Tips and Facts about Peppers

1. **Fact:** Nearly 1,500 farms produce peppers, covering 2,200 acres across Michigan. About 900 of these farms produce bell peppers.

2. **Fact:** Fresh Michigan peppers are available every year starting in July and going through October.

3. **Nutrition Tip:** All peppers are high in vitamins A and C. Richly colored peppers, especially the red, orange and purple varieties, are packed with these vitamins.

4. **Safe Handling:** Fresh peppers should be refrigerated, preferably in 80% to 90% relative humidity.

5. **Fact:** Peppers grown for processing are often harvested mechanically. The machine commonly used to harvest them is made in Saginaw, Michigan.

6. **Safe Handling:** Wear gloves when handling hot peppers, such as chili peppers. Capsaicin, one of the chemicals that make peppers hot, can burn skin and is especially painful if it comes into contact with your eyes.
Pepper Guide

The spectrum of spiciness: measuring heat levels in peppers

Domesticated in Mexico, peppers have been used to make bland dishes more appealing for thousands of years. Peppers are a hot weather crop, and they are only produced in Michigan over the summer, ready for harvest between July and October and into November by extending the season. There are hundreds of varieties of peppers, and they are generally classified as either sweet or spicy.

Peppers are unique vegetables because they contain alkaloids called capsaicinoids that make hot peppers spicy. These compounds are mostly concentrated in the lightly colored “ribs” found inside peppers. Pepper seeds do not contain any of these compounds, but they can taste spicy because they come into contact with the pepper ribs. The spiciness of peppers is typically measured on the Scoville scale, ranging from zero Scovilles (SHUs) to over 1,000,000! Sweet peppers such as bells, sweet bananas and pimentos typically rate at or below 100 SHU, hotter peppers like serranos are in the range of 5,000 to 15,000 SHUs, and some of the hottest peppers, such as the ghost pepper, can rate from 800,000 to over 1,000,000 SHUs. Due to the extreme spiciness of these peppers, they are mostly used in very small quantities. Sweet peppers, mainly bell pepper varieties, make up the majority of pepper production in Michigan, and are suitable for eating raw and do not come with the risk of a burnt tongue.

A variety for every taste and every use!

Michigan farmers produce a wide variety of peppers. The most commonly grown pepper for fresh eating is the bell pepper. A banana pepper crop of notable size is also grown for processing. The table shows many of the available pepper varieties grown in Michigan, their common uses and whether they are classified as sweet or spicy. Remember that spice is relative, so be sure to taste-test pepper varieties to be sure they are appropriate for specific institutional customers.

<table>
<thead>
<tr>
<th>Variety</th>
<th>Use</th>
<th>Sweet - Spicy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bell</td>
<td>Raw, cooked, roasted</td>
<td>Sweet</td>
</tr>
<tr>
<td>Paprika</td>
<td>Raw, cooked, roasted</td>
<td>Sweet</td>
</tr>
<tr>
<td>Banana</td>
<td>Raw, cooked, roasted</td>
<td>Sweet</td>
</tr>
<tr>
<td>Anaheim</td>
<td>Raw, cooked, roasted</td>
<td>Sweet spicy</td>
</tr>
<tr>
<td>Poblano</td>
<td>Best roasted, can be consumed raw or cooked</td>
<td>Sweet spicy</td>
</tr>
<tr>
<td>Japaleno</td>
<td>Small quantities for spice, pickled, cooked</td>
<td>Spicy</td>
</tr>
<tr>
<td>Hungarian Hot Wax</td>
<td>Small quantities for spice, cooked, roasted</td>
<td>Spicy</td>
</tr>
<tr>
<td>Serrano</td>
<td>Small quantities for spice</td>
<td>Very spicy</td>
</tr>
<tr>
<td>Cayenne</td>
<td>Small quantities for spice</td>
<td>Very spicy</td>
</tr>
<tr>
<td>Habanero</td>
<td>Very small quantities for spice</td>
<td>Extremely spicy</td>
</tr>
</tbody>
</table>
Pepper Guide

On the following pages, you will find item descriptions, pack sizes, seasonal availability and item codes for several varieties of fresh peppers. This information is categorized by the size of the supplier/distributor. Contact information is listed for each supplier to help make it easier to find and buy Michigan peppers when in season.

Product information listed here is provided by each vendor and has not been verified by Cultivate Michigan. Institutional customers are encouraged to verify product information with vendors directly, including seasonal availability for Michigan grown product and processor location for minimally processed products.

Full Service (Broadline) Distributors

Several broadline distributors provide Michigan institutions with Michigan-produced peppers. Listed below are distributor names and contact information and the products offered by each.

Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit www.gfs.com for more details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Peppers Large</td>
<td>25 pound average</td>
<td>198757</td>
<td>Mid-July- Sept.</td>
</tr>
<tr>
<td>Green Peppers Medium</td>
<td>1/20 pound average</td>
<td>206059</td>
<td>Mid-July- Sept.</td>
</tr>
<tr>
<td>Green Peppers Large</td>
<td>1/5 pound</td>
<td>592315</td>
<td>Mid-July- Sept.</td>
</tr>
</tbody>
</table>

Sysco (Grand Rapids)

Be sure to contact your Sysco representative for all Michigan Produce Items (MIPRO). You may also visit www.syscogr.com for more information.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepper Anaheim</td>
<td>1/10 pound</td>
<td>6725032</td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Poblano</td>
<td>1/10 pound</td>
<td>6728392</td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Yellow Hot</td>
<td>1/10 pound</td>
<td>6725093</td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Jalapeno Fresh</td>
<td>1/10 pound</td>
<td>6725137</td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Jalapeno Fresh</td>
<td>1/5 pound</td>
<td>6728374</td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Serrano</td>
<td>1/10 pound</td>
<td>6725174</td>
<td>Starts mid-July</td>
</tr>
</tbody>
</table>
Pepper Guide

Van Eerden Foodservice Company:
Please call 800.833.7374 for pricing/purchasing information or visit www.vaneerden.com for more details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peppers, Large Green</td>
<td>1-1/9 bushel</td>
<td>006605</td>
<td>Mid-July</td>
</tr>
<tr>
<td>Peppers Choice, Green</td>
<td>1-1/9 bushel</td>
<td>006608</td>
<td>Mid-July</td>
</tr>
<tr>
<td>Peppers, Medium Green</td>
<td>1-1/9 bushel</td>
<td>006610</td>
<td>Mid-July</td>
</tr>
</tbody>
</table>

US Foods
Contact your sales representative or please visit www.usfoods.com for more information and for Michigan pepper item codes.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepper Anaheim</td>
<td>1/10 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Poblano</td>
<td>1/10 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Yellow Hot</td>
<td>1/10 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Jalapeno Fresh</td>
<td>1/10 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Jalapeno Fresh</td>
<td>1/5 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Serrano</td>
<td>1/10 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Green Chopper</td>
<td>1/25 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Green Fresh</td>
<td>1/5 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Green Large</td>
<td>1/25 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
<tr>
<td>Pepper Green Medium</td>
<td>1/25 pound</td>
<td></td>
<td>Starts mid-July</td>
</tr>
</tbody>
</table>

Regional and Specialty Distributors
These businesses tend to distribute food regionally and can provide Michigan peppers to institutions located in their respective area. Contact suppliers directly to find out about their specific delivery area and Michigan product availability.

info@cultivatemichigan.org
Pepper Guide

Allen Market Place (Lansing)
With more than 60 farms and food producers registered, the Exchange offers a full range of food products. Current product inventory can be viewed and orders placed at www.allenmarketplace.localorbit.com. Orders placed by 7 p.m. Monday are fulfilled by Wednesday afternoon the same week.

Cherry Capital Foods (Statewide)
Cherry Capital Foods distributes only Michigan-made and Michigan-produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email sales@cherrycapitalfoods.com (include subject line “Farm to Institution”) for more pricing/purchasing information. Join Cherry Capital Foods mailing list for up-to-date product information at www.cherrycapitalfoods.com.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anaheim Peppers</td>
<td>1/10 pound</td>
<td>Late August to mid-October</td>
</tr>
<tr>
<td>Cubanelle Peppers</td>
<td>1/10 pound</td>
<td>Late August to mid-October</td>
</tr>
<tr>
<td>Japaleno Peppers</td>
<td>1/10 pound</td>
<td>Late August to mid-October</td>
</tr>
<tr>
<td>Serrano Peppers</td>
<td>1/10 pound</td>
<td>Late August to mid-October</td>
</tr>
<tr>
<td>Mixed Color Bell Peppers</td>
<td>1/5 pound</td>
<td>Mid August to mid-October</td>
</tr>
<tr>
<td>Green Bell Peppers</td>
<td>1/10 pound</td>
<td>Mid August to mid-October</td>
</tr>
<tr>
<td>Red Bell Peppers</td>
<td>1/25 pound</td>
<td>Mid August to mid-October</td>
</tr>
</tbody>
</table>

Coastal Produce Distributors
Locally owned and operated, Coastal Produce is located in Detroit. The company delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. When in season, the company purchases all local produce. Please call 877.291.8304 or visit http://coastalproduce.net/ for detailed product and ordering information.

Harvest Michigan (Oakland County)
Locally owned and operated, Harvest Michigan is located in northern Oakland County. Their business structure allows for participating farmers and food producers to share in the success of Harvest Michigan. Please call 248.475.5805 or email info@harvestmichigan.com for detailed product and ordering information.
Pepper Guide

Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit http://pearsonfoods.com for pricing information and more details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Processing</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Peppers</td>
<td>2 or 5 pounds</td>
<td>Dice 3/8&quot;</td>
<td>End of July to mid-October</td>
</tr>
<tr>
<td>Green Peppers</td>
<td>2 or 5 pounds</td>
<td>Sliced 3/8&quot;</td>
<td>End of July to mid-October</td>
</tr>
<tr>
<td>Orange Peppers</td>
<td>2 or 5 pounds</td>
<td>Dice 3/8&quot;</td>
<td>When in season</td>
</tr>
<tr>
<td>Orange Peppers</td>
<td>2 or 5 pounds</td>
<td>Sliced 3/8&quot;</td>
<td>When in season</td>
</tr>
<tr>
<td>Red Peppers</td>
<td>2 or 5 pounds</td>
<td>Dice 3/8&quot;</td>
<td>When in season</td>
</tr>
<tr>
<td>Red Peppers</td>
<td>2 or 5 pounds</td>
<td>Sliced 3/8&quot;</td>
<td>When in season</td>
</tr>
<tr>
<td>Yellow Peppers</td>
<td>2 or 5 pounds</td>
<td>Dice 3/8&quot;</td>
<td>When in season</td>
</tr>
<tr>
<td>Yellow Peppers</td>
<td>2 or 5 pounds</td>
<td>Sliced 3/8&quot;</td>
<td>When in season</td>
</tr>
<tr>
<td>Tri Peppers (Green, Yellow, and either Orange or Red)</td>
<td>2 or 5 pounds</td>
<td>Dice 3/8&quot;</td>
<td>When in season</td>
</tr>
<tr>
<td>Tri Peppers (Green, Yellow, and either Orange or Red)</td>
<td>2 or 5 pounds</td>
<td>Sliced 3/8&quot;</td>
<td>When in season</td>
</tr>
</tbody>
</table>

West Michigan FarmLink (Grand Rapids)

West Michigan FarmLink is an online wholesale food hub connecting local area chefs, restaurateurs, institutions and schools with Michigan farmers and producers of good food products servicing the greater Grand Rapids area. This open exchange's product offerings, growers and availability change on a weekly basis, so visit www.wmfarmlink.com or contact Paul Quinn at quinn@wmfarmlink.com for up-to-date product listing and pricing.

Shelton Wholesale Farm Co. (West Michigan)

Please call 269.684.3230 to speak with Joe Shelton for a current list of available Michigan-grown peppers upon request.

Tedesco Produce Co. Inc. (Clinton Twp.)

Please call 586.405.2080 to speak with Teddy Tedesco for a current list of available Michigan-grown peppers upon request.
Resources

Resources for Farm to Institution Support

Michigan Farm to Institution Network
http://www.mifarmtoinstitution.org

MSU Center for Regional Food Systems
http://foodecosystems.msu.edu/

Ecology Center
http://www.ecocenter.org/food-systems

Michigan State University Extension
Locate your county MSU Extension office.
http://www.msue.msu.edu/

Resources for Linking with Local Farmers

Below is a list of statewide and regional resources to help you connect with local Michigan farmers who may be able to supply you directly with peppers!

Statewide Resources

Local Harvest
Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.
http://www.localharvest.org/

Michigan MarketMaker
This interactive mapping system links producers and consumers in Michigan.
http://mimarketmaker.msu.edu/

Michigan Farmers Market Association
Find the locations of farmers markets across the state.
http://mifma.s434.sureserver.com/find-a-farmers-market/

Michigan Food and Farming Systems (MIFFS)
MIFFS connects beginning and historically underserved farmers to resource opportunities.
http://www.miffs.org

Natural Resources Conservation Service
This site provides a listing of county and state service offices.
http://1.usa.gov/1kMidud
Resources

**Michigan Farm Bureau**
Locate the local Michigan Farm Bureau office in your county.
http://www.michfb.com/counties/

**Michigan Agricultural and Commodity Organizations**
http://1.usa.gov/1msHb5c

**Michigan Organic Food and Farming Alliance (MOFFA)**
Visit this site to download the “Eating Organically Guide.”
http://www.moffa.net/

**Certified Naturally Grown**
This site provides a current list of certified small-scale, direct-to-market farmers and beekeepers who use natural growing and harvesting methods in Michigan.
http://www.naturallygrown.org/farms/list/227/MI

**Regional Michigan Resources**

**Michigan Food Hub Learning and Innovation Network**
Food hubs are centrally located facilities that aggregate, store, process, distribute and/or market locally or regionally produced food.
http://foodsystems.msu.edu/activities/food-hub-network

**U.P. Food Exchange**
This group connects local food activity within three regions (eastern, central, western) of the Upper Peninsula and coordinates local food efforts between the regions.
http://upfoodexchange.com/

**Taste the Local Difference**
From the Michigan Land Use Institute, this resource connects consumers in northwest Lower Michigan to local food and farms, restaurants and businesses.
https://www.facebook.com/localdifference
Pepper Recipes

Peppers are delicious and extremely nutritious when eaten raw. Institutions can incorporate peppers in a variety of ways: smaller, sweet varieties can be served whole, sliced peppers can be added to snacks or meals, and diced or sliced peppers can be offered on salad bars. For food service professionals looking to build Michigan peppers into their menus, below are some recipes that highlight cooked, roasted and raw peppers.

**Corn and Pepper Chowder**

**Ingredients**

2 tablespoons olive oil
2 leeks, washed well and sliced
4 carrots, finely chopped
2 Michigan red bell peppers, diced
3 cups of stock
4 cups whole milk or half-and-half
4 medium red potatoes, peeled and cut into 1-inch cubes
1 bay leaf
1 teaspoon thyme (fresh, if possible)
3 teaspoons coarsely ground black pepper
1 1/2 tablespoons ground cumin
4 cups corn kernels
1/4 cup chopped parsley

**Yield: 10-14 servings**

**Directions**

Heat the oil in a 4- to 6-quart soup pot. Add the leeks and carrots and sauté over low heat for 5 minutes without browning. Add the bell peppers and sauté 3 minutes longer. Add the stock, milk, potatoes, bay leaf, thyme, black pepper and cumin. Cover partially and simmer for 20 minutes, until the potatoes are tender but not falling apart. Using a potato masher or immersion blender, crush/puree about one-third of the cooked vegetables. Add the corn and puree to the pot. Simmer 10 minutes. Serve with parsley sprinkled on top of each serving.

Recipe provided courtesy of the Chicory Cafe in Rogers City
Pepper Recipes

Homemade Green Salsa

Ingredients

5 mediums tomatillos, husked
1 Michigan jalapeno pepper, about
3-inches long by 1-inch thick
A pinch of salt

Directions

Boil water in a pot to cover tomatillos and jalapeno. Add tomatillos and the jalapeno and boil until the tomatillos are emerald green in color, about 3 to 5 minutes. Drain the tomatillos and pepper, and place both in a blender or food processor with a pinch of salt. Blend to desired chunkiness, adding water (about 1 to 3 ounces) as desired. Taste for saltiness, adding more if desired. Remove mixture from blender/processor and serve.

Salsa Verde Casera

Ingredients

5 tomatillos medianos
1 chile jalapeno de 3 pulgadas de largo
por 1 de grueso aproximadamente
Un pizca de sal sin exceso

Directions

Poner los tomatillos y el chile en agua y dejarlo hervir 3 a 5 minutos, hasta que los tomatillos cambien a un tono verde esmeralda y tomen una consistencia suave. Quitar los tomatillos y chile del agua y ponerlo en una licuadora. Añadir agua a su gusto, 1 a 3 onzas, y licuar la mezcla hasta lograr una consistencia deseada. Agregar sal a su gusto. Remover la mezcla de la licuadora y servirla en un tazón o salsera.

Recipe provided courtesy of Filiberto Villa of Farmers on the Move in Battle Creek

Receta cortesía de Filiberto Villa de Farmers On The Move en Battle Creek
Bacon-Wrapped Goat Cheese-Stuffed Jalapenos (or Sweet Peppers)

Yield: 100 pieces

Ingredients

**Peppers**
- 50 Michigan jalapenos or assorted mini sweet peppers
- 25 slices of thinly sliced center-cut bacon
- 2 1/2 pounds goat cheese, softened
- 1 1/4 pounds cream cheese, softened
- Salt and pepper to taste

**Sauce**
- 3 jars (15.5 ounces) roasted red peppers
- 2 yellow onions, peeled and diced
- 6 cloves garlic, peeled and minced
- 1/4 cup cilantro (optional) and extra for garnish, if desired
- Salt and pepper to taste

Directions

Wearing gloves and being careful not to inhale the juices, remove stems from jalapenos, then halve and remove the seeds. Remove the seeds and veins if you prefer a milder pepper flavor.

Slice the bacon vertically so you have two equal halves. Parbake the bacon at 375° F. Remove from oven while it is still pliable.

In a bowl, cream the goat and cream cheeses, season with salt and pepper to taste. Using a spoon, fill each half jalapeno with cheese. Wrap each jalapeno with one half slice of bacon, making sure to cover the cream cheese and keeping the seam side of the bacon under the pepper on the bottom of the pan. Place the wrapped peppers on an oven rack on a sheet pan. Bake at 375° F until bacon is crisp.

For the sauce, sweat the onions in a saucepan over low heat until soft, then add the garlic and stir. In a food processor, pulse the peppers with onion, garlic and cilantro (if desired). Season with salt and pepper to taste.

Before serving, top each baked pepper with roasted red pepper sauce. If using cilantro in the sauce recipe, mince extra for garnish. Enjoy either hot or at room temperature. If serving at room temperature, dispose of product after four hours.

Recipe provided courtesy of Kristen Dogan, Branch Area Careers Center in Coldwater

info@cultivatemichigan.org
**Marinated Black Bean Salad**

**Yield:** 100 1/2 cup servings

**Ingredients**

- 10 pounds canned black beans, drained
- 7 pounds frozen whole-kernel corn, thawed
- 1 pound 8 ounces fresh Michigan green bell peppers, minced
- 1 pound 8 ounces fresh Michigan red bell peppers, minced
- 8 ounces fresh onions, minced
- 1 cup lemon juice
- 1/4 cup dried parsley
- 2 tablespoons ground cumin
- 1 tablespoon plus 1 teaspoon granulated garlic
- 6 3/4 cups canned salsa
- 1/4 cup vegetable oil
- 1 quart reduced-fat Monterey Jack cheese, shredded (optional)

**Directions**

Combine black beans, corn, green peppers, red peppers and onions in a large bowl. For dressing, combine the lemon juice, parsley, cumin, granulated garlic and oil. Pour dressing over salad and toss lightly to combine. Spread 5 pounds 15 ounces (approximately 3 quarts and ½ cup) into each of four shallow pans measuring (12 x 20 x 2 ½ inches) to a product depth of 2 inches or less. Portion with No. 8 scoop (½ cup). Sprinkle Monterey Jack cheese (optional) on top before serving.

*Recipe provided courtesy of Jenice Momber, Bear Lake Schools Food Service in Bear Lake*
Pepper Recipes

Stuffed Green Peppers

Yield: 50 servings of one half pepper each

Ingredients

- 2 pounds, 8 ounces instant rice
- 3 quarts water, boiling
- 2 tablespoons vegetable oil
- 7 pounds ground beef (80/20 frozen patties)
- 1 pound, 13 ounces Spanish onions, chopped
- 8 ounces fresh Michigan green bell peppers, chopped
- 8 ounces fresh stalk celery, chopped
- 1 #10 can canned diced tomatoes
- 3 cups chili sauce
- 3 cups tomato paste
- 3 tablespoons salt
- 1/4 teaspoon regular grind black pepper
- Ground red cayenne pepper, to taste
- 2 tablespoons granulated sugar
- 2 cups water
- 25 medium fresh green peppers
- 6 pounds, 4 ounces tomato sauce
- 2 quarts canned condensed tomato soup

Directions

Bring water to a boil in a large pot. Add rice and oil, stir and cover tightly. Cook on low heat until rice is tender and all water is absorbed, about 15 minutes. Remove from heat and let stand covered about 5 minutes. Fluff with fork.

Wash the 25 medium fresh green peppers and remove stem end. Cut peppers in half lengthwise. Remove seeds and tough white portion. Place in baking pans and steam or parboil for 3 to 5 minutes.

In a skillet, cook ground beef over medium heat. (Final internal cooking temperature must reach a minimum of 155°F held for 15 seconds). Add chopped onion, pepper and celery to meat and stir. Cook about 10 minutes. Add all remaining ingredients except sauce and soup to meat mixture. Combine meat mixture with cooked rice.

Place No. 8 scoop (½ cup) of rice with ground beef in each peppers half and place on a baking sheet. Combine tomato sauce and tomato soup, then ladle 2 ounces sauce over each pepper. Bake at 350°F for 45 to 60 minutes. Ladle extra sauce over peppers during baking if desired. Serve hot.
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