

Waste Not Bell Peppers - Bob Tallman

There really isn't a recipe for this "Recipe". It's all about using everything "Leftover" from the cooking process.

Cut the top off of a Bell Pepper, Colour or Size does not matter.

Inside the pepper stuff celery, potatoes, carrots, onions, tomatoes, rhubarb x whatever vegetables you have leftover from cooking supper.

Season to taste whatever you like for spices x experiment! Bob recommends Stampede Steak Sauce from the Ranch Fixin's collection.

Add Extra Virgin Olive Oil x again, amount varies by size of pepper and how full the pepper is x what you are doing is adding additional moisture to help cook.

Replace the top of the Bell Pepper and wrap in tin foil.

Cook on the Barbeque or in the oven with your meal x cook time varies by size x but count on at least half an hour up to an hour.

Best served in a bowl with fresh bread to sop up the juice.

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