

GREEN PEPPER POCKET

Meat/Meat Alternate-Vegetable-Grains-Main Dishes

Ingredients	48 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, uncooked		½ gal		1 gal	<ol style="list-style-type: none"> 1. Cook brown rice. 2. Sauté onion and garlic in oil until softened. 3. Add protein crumbles, tomatoes, water, chilis, cumin, salt and pepper; mix well. 4. Bring mixture to a boil; reduce heat and simmer 15 minutes. Gently mix in cooked rice. 5. Cut ½-inch off the stem end of peppers; remove seeds and membrane. Bring water and 1 teaspoon salt to a boil. Cook peppers in boiling water 3 to 5 minutes. Invert on paper towels to drain. 6. Fill peppers with ¾ cup crumbles/ rice mixture; place in baking dish. Bake at 375 F for 20 minutes until thoroughly heated. 7. Cover with 2 tablespoon salsa each.
Onions, chopped		1 qt		2 qt	
Garlic cloves, minced		16 cloves		32 cloves	
Vegetable oil		3 T		½ C	
All-vegetable protein crumbles	4 lb		8 lb		
Tomatoes, diced		½ gal		1 gal	
Water		½ gal		1 gal	
Hot chili peppers		2½ C		1 qt, 1¼ C	
Cumin, ground		1½ T		3 T	
Salt		¾ tsp		1½ tsp	
Ground pepper		½ T		1 T	
Green peppers		48 each		96 each	
Salsa		1½ qt		3 qt	

Serving	Yield	Volume
1 stuffed green pepper	50 Servings:	50 stuffed peppers
Each serving provides ¼ cup fruit/vegetable. For meat/meat alternate, refer to product specs.	100 Servings:	100 stuffed peppers

Nutrients Per Serving				
Calories	302 kcal	Saturated Fat	0.4 g	5 mg
Protein	24 g	Cholesterol	0 mg	139 mg
Carbohydrate	49 g	Vitamin A	854 IU	542 mg
Total Fat	2.5 g	Vitamin C	111 mg	11 g

Notes

Equipment list: stock pot, large baking dish.