

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

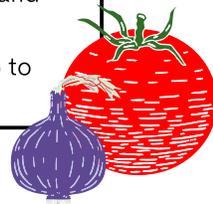
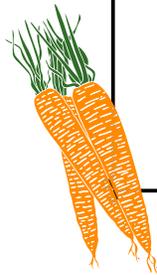
### Stuffed Green Bell Peppers

#### Ingredient List

- 3 bell peppers
- 2 Tbsp. olive oil (or other neutral oil)
- 1/2 pound ground beef (optional)
- 1 cup cooked rice
- 1 cup of canned tomato sauce
- 1/2 cup yellow squash, chopped
- 1/2 cup spinach
- 1 tsp. garlic powder
- Salt and pepper (to taste)

#### Cooking Instructions

1. Preheat the oven to 350°F.
2. Remove the tops of the peppers, discard the stems and the insides of the pepper, and finely chop the tops and set them aside.
3. Place the peppers cut-side up in a baking dish so that they hold upright.
4. Heat 1 Tbsp. of olive oil in a large skillet over medium-high heat.
5. Add the beef (if using), season with salt and pepper, and cook for 8-10 minutes or until beef is beginning to brown. Break the meat apart while cooking.
6. Remove to a plate with a paper towel.
7. Wipe out the skillet and add 1 Tbsp. olive oil.
8. Add yellow squash and cook for 5-7 minutes, or until they're beginning to soften and brown.
9. Add spinach and cook another minute.
10. Stir in the tomato sauce, garlic powder, salt and pepper, beef, and rice.
11. Fill the peppers with the rice mixture.
12. Pour a small amount of water into the baking dish, and lightly drizzle the peppers with olive oil. Cover with foil and bake for 30 minutes.
13. Uncover and bake until the peppers are soft (another 15 to 20 minutes).



### Mashed Sweet Potatoes

#### Ingredient List

- 3 sweet potatoes
- 3 Tbsp. butter
- Salt and pepper (to taste)

#### Cooking Instructions

1. Cut sweet potatoes into 1-inch cubes.
2. Place sweet potatoes in a pot and cover with water.
3. Boil sweet potatoes on the stove for 25 minutes, or until fork tender.
4. Drain sweet potatoes and put them back into the pot.
5. Mash the sweet potatoes and butter with a fork or potato masher.
6. Season with salt and pepper.

What are some of your favorite ways to prepare the food in this week's bag?

Email Hanna at [hanna@feedinglaramievalley.org](mailto:hanna@feedinglaramievalley.org) to volunteer and share your recipes or visit

[www.feedinglaramievalley.org/sharerecipeproject](http://www.feedinglaramievalley.org/sharerecipeproject)