

Stuffed Peppers

Makes 12 servings

Ingredients

- 25 fresh peppers
- 1 can corn
- 1 lb ground beef
- Salt & pepper
- 5 cups minute rice
- 3 eggs
- 1 package taco seasoning
- 1 bunch green onions
- 1 can black beans
- 1 tub sour cream
- 1 bag shredded mozzarella

Directions

1. Wash your peppers, cut the tops off of them, remove all seeds (while leaving the pepper fully in tact). Lightly rub in oil and put in a 350 degree oven for about 7 minutes. Remove from oven then set aside.
2. In a pot, cook 5 cups of rice with 5 ½ cups water. Once rice is cooked but there is still a bit of liquid left, remove from heat.
3. In a large frying pan, brown the ground beef then remove excess grease.
4. Put rice in same pan as browned beef (once strained). Put over low-medium heat. Add taco seasoning and strained can of corn. RINSE CAN OF BEANS WELL then add this to the pan too.
5. Once everything has been heated thoroughly, taste and then season with salt and pepper.
6. Turn up the heat to med-high. Crack your eggs into the rice/beef mixture and stir very well and quickly until you can see all the egg has been cooked.
7. Stuff into each pepper and then top with a small amount of mozzarella cheese.
8. Chop green onions.
9. Put back in the oven until cheese has began to brown and the pepper is SLIGHTLY withered.
10. Remove from oven, top with sour cream and green onion. Enjoy!

Meatloaf with roasted potatoes and veg

Makes 12 servings

Ingredients

- 3 yams
- 2 cups bread crumbs
- 1 butternut squash
- 4 lbs ground beef
- 1 lb brussels sprouts
- 1/4 cup Worcestershire
- 2 bags mini potatoes
- 1 cooking onion
- 1 sprig fresh rosemary
- 1 small bottle ketchup
- 1/2 cup brown sugar
- 2 bunches asparagus
- 2 heads garlic
- 3 eggs
- 1/4 cup beef concentrate

Directions

1. Shred or finely mince your onion. Squeeze most of the excess water out.
2. In a bowl, mix together your squeezed onion, bread crumbs, eggs and Worcestershire. Let sit for ten minutes. Then add beef and beef stock. Mix by hand (with gloves on) just until blended. Firm into loaves to fit in the pan.
3. Cover each with parchment and then tin foil.
4. Bake in a 325 degree oven For approximately 45 minutes.
5. In the meantime, peel your yams and squash. Cut them into small bite sized pieces. Place in a bowl.
6. Cut the tips off your Brussels sprouts and halve them. Put them in the bowl with the others.
7. Wash your potatoes and put them in the bowl.
8. Cut the bottom inch off the asparagus spears -discard them then cut remainder into two. Place in bowl
9. Peel and clean all your garlic cloves and put them in the bowl.
10. Cut your rosemary into large pieces and place in bowl.
11. Toss everything in oil and salt and pepper. Dump onto a parchment lined baking sheet and bake in a 375 degree oven for approximately 45 minutes.
12. In a small bowl mix brown sugar with 2 cups ketchup. After the meatloaf has been baking for 45 minutes, remove from oven and spread ketchup mixture over the tops. Place back in the oven uncovered for another 15 minutes.
13. Check vegetables and potatoes for tenderness then remove from oven once ready.
14. Serve with meatloaf after it had baked the last 15 minutes.

Tuna Bruschetta

Makes 12 servings

Ingredients

- French baguette
- 1 tbsp garlic powder
- 1 pint cherry tomatoes
- 3 cups arugula
- 6 cans flaked tuna
- Grated Parmesan
- 2 tbsp lemon juice
- 2 tsp paprika
- 2 cups mayo
- Salt and pepper
- 1/2 cup honey
- 1 tbsp chili flakes
- 1 tsp chili powder

Directions

1. Slice your baguette into pieces about $\frac{3}{4}$ inch thick. Lay on a foil lined baking sheet and sprinkle each piece with parmesan cheese. Bake in a 375 degree oven until cheese is fully melted and almost browning.
2. Open and strain tuna cans. Flake into a bowl.
3. Chop arugula and place in bowl.
4. Quarter cherry tomatoes and also place in bowl.
5. In a small separate bowl, mix together lemon juice, garlic powder, mayo, paprika and salt and pepper
6. Mix both bowls together. Make sure the consistency is good. Add more mayo if too dry.
7. In a small frying pan, add Honey, chili flakes and chili powder with $\frac{1}{4}$ cup water. Mix and put over medium heat. Bring to a small boil and let this continue for about ten minutes.
8. Once the mixture begins to thicken, remove from heat and let cool.
9. Build a pile of tuna salad on each baguette piece that had been baked with cheese.
10. Once the chilled honey has cooled, drizzle over each piece. Enjoy!

Fritters

Makes 12 servings

Ingredients

- 7 zucchini
- 3 packs haloumi cheese
- 1 1/2 onions
- 2 cucumber
- 4 cups plain yogurt
- 2 tbsp sriracha
- 3 eggs
- 1 1/2 tsp baking soda
- 2 cups flour
- 8 mint leaves
- Lots of oil
- 2 tsp cumin
- 2 tsp garlic powder

Directions

1. Grate your zucchini, onion and cheese. Mix well in a bowl.
2. Lay your mint leaves on top of each other then roll. Slice very thinly so you are getting very thin shreds.
3. Mix your mint with your zucchini mixture.
4. Add your eggs, Mix, then your flour, baking soda and cumin. Be sure to sprinkle baking soda and cumin all over to ensure it gets distributed evenly.
5. Sprinkle salt and pepper over mixture and gently combine. Let sit as you wait for the next step.
6. In a deep frying pan or shallow pot, heat about 3 inches or so of oil.
7. As this is heating and your batter is sitting. Make your dipping sauce.
8. Grate your cucumber and mix with yogurt, garlic powder, sriracha and salt and pepper. Set aside.
9. Once your oil is hot, spoon in balls of batter about 2 inches in diameter into the oil. Let sit for about 2 minutes then turn. Continue this until fully browned and cooked inside. Approximately 4 minutes in total.
10. Remove from oil with a slotted spoon and set on paper towel to absorb excess oil. Sprinkle with salt.
11. Serve with yogurt sauce!

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| <input type="checkbox"/> 25 fresh peppers | <input type="checkbox"/> 1 bunch fresh rosemary | <input type="checkbox"/> 1 bunch fresh basil |
| <input type="checkbox"/> 1 box minute rice | <input type="checkbox"/> 1 small bottle liquid beef concentrate (not stock) | <input type="checkbox"/> 2 litres 35% whipping cream |
| <input type="checkbox"/> 1 can corn | <input type="checkbox"/> 1 small bottle ketchup (500ml) | <input type="checkbox"/> 1 pint cherry tomatoes |
| <input type="checkbox"/> 1 can black beans | <input type="checkbox"/> 2 heads garlic | <input type="checkbox"/> 6 cans flaked tuna in water |
| <input type="checkbox"/> 1 package taco seasoning | <input type="checkbox"/> 1 new large jug sunflower oil (canola if not available) | <input type="checkbox"/> 1 small bag arugula |
| <input type="checkbox"/> 5 lbs ground beef | <input type="checkbox"/> 2 bags mini potatoes | <input type="checkbox"/> 1 small lemon juice |
| <input type="checkbox"/> 1 bunch green onions | <input type="checkbox"/> 2 French baguettes | <input type="checkbox"/> 1 small jar mayo |
| <input type="checkbox"/> 1 tub sour cream | <input type="checkbox"/> 1 larger container grated fresh Parmesan, cannot be powder | <input type="checkbox"/> 7 zucchini |
| <input type="checkbox"/> 1 small bag shredded mozzarella | <input type="checkbox"/> 2 large cans tomatoes | <input type="checkbox"/> 1 box baking soda |
| <input type="checkbox"/> 1 dozen eggs | <input type="checkbox"/> 1 large can (or equal to) roasted red peppers | <input type="checkbox"/> 1 litre plain yogurt (not Greek) |
| <input type="checkbox"/> Soup take out cups | <input type="checkbox"/> 1 lb salted butter | <input type="checkbox"/> 2 cucumbers |
| <input type="checkbox"/> 3 yams | <input type="checkbox"/> 1 small bottle liquid veg concentrate (not stock) | <input type="checkbox"/> 2 cucumbers |
| <input type="checkbox"/> 1 butternut squash | | <input type="checkbox"/> 1 small bottle sriracha |
| <input type="checkbox"/> 2 bunches asparagus | | <input type="checkbox"/> 1 small bag cumin |
| <input type="checkbox"/> 1 lb Brussels sprouts | | <input type="checkbox"/> 3 packs haloumi cheese |
| <input type="checkbox"/> 3 cooking onions | | <input type="checkbox"/> 1 bunch fresh mint |