

October means Fall is here which brings lots of fresh produce including ;

- Cabbage
- Cauliflower
- Bell Peppers
- Leeks
- Parsnips
- Potatoes
- Pumpkins
- Radishes
- Winter squash
- Pictured we have leeks and cauliflower
- The recipe below highlights Bell peppers



Leeks



Cauliflower

Taco Stuffed Peppers

Ingredients:

- 1 pound Ground Beef
- 5-6 Bell Peppers (any color)
- 2 cups cooked Spanish rice
- 1 can diced tomatoes and green chilies (Rotel)
- 2 cups shredded cheese
- 1 small yellow onion chopped
- 1 packet taco seasoning
- Optional toppings: sour cream, salsa, guacamole



Directions:

Preheat oven to 350. In a medium skillet cook ground beef and onion, until beef is cooked through. Then add the rice, canned diced tomatoes and green chilies (Rotel), taco seasoning and 1 1/2 cups shredded cheese. Mix well and set aside. Prepare peppers by cutting off the tops and taking out the seeds. Rinse and place in baking dish. Bake for 30-35 minutes. Take out of oven and top with remaining cheese and then place back in oven for 3-5 minutes until cheese is melted. Serve with any additional toppings.

Taken from Easy Family Recipe Ideas website

October Produce Guide

Bell Peppers

- In season July through October
- High in antioxidants
- Provides double the daily recommended amount of vitamin C
- Look for bright colors, no bruises or soft spots
- Store in the refrigerator



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