DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Mason Martin					
CATEGORY *Please check one*	☐ Appetizer	☒ Main Dish	☐ Side Dishes	☐ Healthy Desserts	
COUNTY Rusk					
AGE DIVISION	☐ Junior	☐ Intermediate	☒ Senior		

Name of Recipe: Stuffed Bell Pepper Skillet		
Prep Time: 10 minutes	**Cook Time:** 23 minutes	**Cost:** $9.91

Type Recipe Here:

Servings: 6

INGREDIENTS:

1 pound ground pork
3 cloves of garlic, diced
1 cup of green bell pepper, chopped
14.5 ounce can of diced tomatoes
3/4 cup of brown rice
2 cups of beef broth
2 tablespoons of tomato paste
1 teaspoon of Italian seasoning
1/4 teaspoon of black pepper
1/2 teaspoon of salt
1/2 cup of shredded sharp cheddar cheese

INSTRUCTIONS:
1) In a skillet over medium heat, brown the ground pork with the garlic until pork is fully cooked, crumbled and no longer pink.
2) Drain and discard the fat
3) Place the skillet back on the heat and add in the bell peppers, diced tomatoes, rice, beef broth, tomato paste, Italian seasoning, salt and pepper
4) Stir to combine and bring mixture to a boil
5) Reduce heat to a simmer, cover and let cook for approximately 18 minutes until rice is cooked through
6) Fluff the rice mixture with a fork and top with the shredded cheese
7) Cover again and let cheese melt over low heat

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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