



# MAINES

**PAPER & FOOD SERVICE, INC.**

## Lo-Cal Stuffed Bell Pepper

|                    |                           |                                 |
|--------------------|---------------------------|---------------------------------|
| <b>Ingredients</b> | <b>Yield: 12 Servings</b> | <b>266 Calories Per Serving</b> |
|--------------------|---------------------------|---------------------------------|

- 12 ea. Green bell peppers
- 2 # Ground beef, 85/15
- 2 ea. Eggs, Large
- 8 ea. Whole wheat bread slices, cubed
- 1 # onion, yellow, medium dice
- 1 # Tomato, 5x6, medium dice
- 4 ea. Garlic clove, minced
- 1 c. Chili sauce
- 1/2 c. Yellow mustard
- 3 oz. Worcestershire sauce
- 1/2 tsp. Salt
- 1/2 tsp. Black pepper, café
- As needed; food release spray

**Preparation Instructions:**

1. Preheat oven to 350 degrees. Spray hotel pan with food release spray
2. Lightly mix together the ground beef, egg, bread cubes, onion, tomato, garlic, chili sauce, mustard, Worcestershire sauce, salt and pepper in a mixing bowl.
3. Wash the peppers, and slice the tops off the peppers. Scoop out the seeds and cores. Stuff the peppers lightly with the beef stuffing mixture and place them into the prepared hotel pan so they lean against each other.
4. Place pan in oven and bake until the peppers are tender and the stuffing is cooked through and juicy, approximately 1 hour.
5. Remove from oven and place pepper on serving plate. Drizzle with pan juice and serve immediately

| Ingredients              | Product Name      | Maines Product Code # | Amount    | Cost   |
|--------------------------|-------------------|-----------------------|-----------|--------|
| Green bell peppers       | Fresh             | O97551                | 12 ea.    | \$9.24 |
| Ground beef, 85/15       | Black Canyon      | O63018                | 2 #       | \$4.08 |
| Eggs, Large              | Maines            | O92111                | 2 ea.     | \$0.24 |
| Whole wheat bread slices | Roma              | 171798                | 6 ea.     | \$0.60 |
| Onion, yellow            | Fresh             | O97502                | 1 #       | \$0.60 |
| Tomato 5x6               | Markon            | O97785                | 1 #       | \$2.36 |
| Garlic clove             | Markon            | O97210                | 4 ea.     | \$0.08 |
| Chili sauce              | Bountiful Harvest | 225210                | 1 c.      | \$0.40 |
| Yellow mustard           | French's          | 304666                | 1/2 c.    | \$0.40 |
| Worcestershire sauce     | Lea & Perrin      | 304978                | 3 oz.     | \$0.24 |
| Salt                     | Katy's Kitchen    | 340620                | 1/2 tsp.  | \$0.02 |
| Black pepper, café       | Culinary Secrets  | 345631                | 1/2 tsp.  | \$0.04 |
| Food Release spray       | Ever light        | 379131                | As needed | \$0.05 |

|                     |         |
|---------------------|---------|
| <b>Recipe Cost</b>  | \$18.35 |
| <b>Portion Cost</b> | \$1.52  |

| Suggested Menu Price | Portion Cost | Gross Margin | Food Cost |
|----------------------|--------------|--------------|-----------|
| \$4.95               | \$1.52       | \$3.43       | 30.71%    |

| Suggested Menu Price | Portion Cost | Gross Margin | Food Cost |
|----------------------|--------------|--------------|-----------|
| \$5.95               | \$1.52       | \$4.43       | 25.55%    |

| Suggested Menu Price | Portion Cost | Gross Margin | Food Cost |
|----------------------|--------------|--------------|-----------|
|----------------------|--------------|--------------|-----------|

|        |        |        |        |
|--------|--------|--------|--------|
| \$6.95 | \$1.52 | \$5.43 | 21.87% |
|--------|--------|--------|--------|

