



# MAINES

## PAPER & FOOD SERVICE, INC.

# Lo-Cal Stuffed Bell Pepper

<b>Ingredients</b>	<b>Yield: 12 Servings</b>	<b>266 Calories Per Serving</b>
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- 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
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\$6.95	\$1.52	\$5.43	21.87%
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