

RED BELL PEPPERS & MUSHROOMS

INGREDIENTS:

- 2 large red peppers/capsicums; or 1 large red onion**
- 2 large mature Portobello/Swiss mushrooms**
- ½ cup of pure revitalized or spring water**
- 2 clove of garlic; or 8 shakes of garlic powder**
- 1 tsp of Italian Herbs** (fresh or dried - marjoram, rosemary, onion, thyme, basil, oregano, garlic)
- 1 Tbsp of unsalted butter or ghee**

DIRECTIONS:

Wash the peppers well, cut into 3 or 4 sections along the ridges, and remove the stems and seeds. Cut thin slices into a fry pan.

If using onion instead of peppers, peel off the dry outer skin and slice the onion into the pan.

Wash the mushrooms well and cleanse the tops with a natural bristle brush. Trim the lose edges and stems and slice smaller pieces of the mushrooms into the fry pan.

Chop and add the cloves of garlic or garlic powder with the butter or ghee, water, and herbs.

Cover and steam on medium heat for 3 minutes. Stir occasionally and add more water as needed to prevent sticking and burning. Uncover and sauté for 1 minutes.

ENJOY with chicken, beef, rice, or pasta.

Serves 2

Use **organic** ingredients

For B & O blood types

For A & AB blood types replace the red peppers with onions

Native to Mexico and other Central American regions, the **red bell pepper/capsicum** has been cultivated for more than 9000 years. China is the largest producer followed by Mexico and the United States.

The red bell pepper is rich in anti-inflammatory and antioxidant phytonutrients such as carotenoid and lycopene, minerals, and fiber. Its carotenoids lutein and zeaxanthin are found in high concentrations in the macula of the eye and protect the macula from oxygen-related damage. The red bell pepper is also a good source of vitamins C, A, B, K, folate, and flavonoids/bioflavanoids/vitamin P, making it beneficial for the heart and skin. The white inner cavity is rich in flavonoids. In addition, the red bell pepper/capsicum contains the alkaloid compound capsaicin, which has anti-bacterial, anti-carcinogenic, analgesic, and anti-diabetic properties. They can be eaten raw or cooked. Paprika is the dried powdered from of the red bell pepper.

Select deep red peppers that taut, heavy, and firm. Store ripe peppers in the refrigerator and wash with cold water to retain their antioxidant capacity.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India. Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere.

Onions come in many varieties such as white, yellow, and red. Smaller varieties are green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the *Allium* family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.

The Portobello/Swiss mushroom is a fully mature version of the crimini fungi, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum* - food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.