STUFFED PEPPERS WITH MINCE & PEAS

INGREDIENTS:

1 cup of brown, long-grain Basmati rice
4 med-large capsicums/red bell peppers (firm & well shaped)
2 red onion (med-large)
3 cups of pure revitalized or spring water
1 Tbsp of unsalted butter; or ghee
2 clove of garlic; or equal amount of dried garlic powder/granules
1 Tbsp of Mixed Italian Herbs (marjoram, onion, thyme, basil, oregano, & garlic
1 tsp of red chili peppers (fresh or dried)
1 14oz/400g of diced tomatoes; or 14oz/400g of Tomato Sauce Italia (prepared ahead of time); or
1 lb/½k of minced bison, buffalo, beef, or turkey
1 cup of petite/baby peas (fresh or frozen)
2 Tbsp extra virgin olive oil
1 tsp light grey Celtic seasalt (adjust to taste)

DIRECTIONS:

Rinse the rice well (in a strainer), then put it into a 2qt/1.9L pot with enough water to go 1" above the rice. Cover and bring to a boil. Then, lower the heat and simmer for about 35 to 40 minutes, until the most of the water has been absorbed. Turn off the heat, keep covered, and let the rice steam for about 10 minutes. When properly cooked, the rice should be fluffy.

Wash the peppers well, cut a circle around the stems, and remove them with the seeds. Bake the peppers in a glass cooker or steam them with ½ cup of water in a covered pot for about 10 minutes, until tender, but not soft. Keep covered until ready to stuff.

Peel off the dry outer skin of the onion and slice it into a fry pan.
Add ½ cup of water, with the butter, chopped garlic cloves, chili peppers, diced tomatoes or Tomato Sauce Italia, and Mixed Italian herbs.
Add the mince meat in pieces to the pan, cover and steam for 3 min. Add more water if needed. Stir and saute the mixture until the mince is almost cooked. Do not overcook or burn.
Add the petite peas, cover and steam for another 3 minutes.
Add the cooked rice, olive oil, seasalt, and stir.

Stuff the peppers with the mixture and warm in the glass cooker or covered pot for about 3 minutes.

Serve two stuffed peppers on each plate and ENJOY.

Serves 2
Use **organic** ingredients
For O & B blood types
For vegetarians eliminate the mince

Traditionally from North India and Pakistan, brown long-grain **Basmati Rice** contains all the essential amino acids and is a rich source of niacin, thiamin, B6, pantothenic acid, and other B vitamins. It is also rich in manganese, selenium, magnesium, phosphorus, copper, zinc, iron, and other minerals. These minerals help prevent the severity of asthma, high blood pressure, heart attack, and stroke. Though high in complex carbohydrates, this rice has a low to medium glycemic index because of its fiber and mineral content. It also contains some essential fatty acids (EFAs).
The milling process for brown rice removes only the hull, which is the outermost layer of the rice kernel, and leaves the bran and germ. Brown rice is also abundant in plant lignans (a type of phytonutrient), which protects against breast and hormone-dependent cancers, diabetes, and heart disease.
The milling and polishing process that converts brown rice into white rice destroys up to 90% of the vitamins and minerals, all the fiber, and EFAs, to extend its shelf life.
Basmati derives from the Sanskrit word "Basmati" meaning "flagrant" because of its rich aromatic flavor and fragrance. Like a fine wine, Basmati rice is steeped in centuries of tradition and heritage. It relies entirely on Nature for its unique characteristics and improves with age. During cooking, the Basmati grain expands lengthways, more than twice its dry length. Basmati rice was introduced to the Middle East by Indian Traders and remains an important part of Indian, Pakistani, and Middle Eastern cuisines.

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.

Peas and other legumes belong to the plant family known as the *Fabaceae*, which is also called the bean or pulse family. The garden pea was one of first crops to be cultivated by humans, thousands of years ago. They were first grown in the Himalayan plains of NW India, the Middle East, and the Mediterranean basin. There are three types of commonly eaten peas: garden or green peas (*Pisum sativum*), snow peas (*Pisum sativum var.macrocarpon*) and snap peas (*Pisum sativum var. macrocarpon ser.cv*.), which are a cross between the garden

pea and snow pea. Peas are one of the few members of the legume family that are sold and cooked as vegetables. Legumes are plants that bear fruit in the form of pods enclosing seeds we know as beans.
The nutritious, leguminous green pea is rich in fiber, protein, phytonutrients, minerals, and vitamins A, B, C, K and ALA. Their fiber and nutrients provide cardiovascular benefits and help regulate blood sugar levels. Peas contain a significant amount of lutein, which helps prevent macular degeneration and lowers the risk of cataracts. Peas are a good source of phenolic acids and and nutrients help regulate blood sugar levels a polyphenol called coumestrol that has been shown to decrease the risk of stomach cancer. Peas have the ability to chelate metals and inhibit linoleic acid oxidation. In fact, they are loaded with antioxidants, anti-inflammatory nutrients, and alpha and beta-carotenes.
Peas compliment soups, gluten-free pasta, rice, and many ethnic recipes. Fresh or frozen petite/baby green peas are preferred for their sweetness, tenderness, and flavor.
Select peas that are bright green, firm, and plump. Store fresh peas in the fridge. Fresh peas can be blanched for one or two minutes and then frozen. Frozen peas can last from 6-12 months.

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. There use in European cuisine dates back to the Middle Ages. Christopher columbus brought inions 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. It's 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.

Native to central Asia, **garlic** is one of the oldest cultivated plants in the world, going back 4,000 years to the ancient Egyptians. It was placed in the tomb of pharaohs and given to the slaves that built the Pyramids to enhance their endurance and strength. Greeks and Romans also used garlic before sporting events and going off to war. By the 6th century BC, garlic was known in both China and India.
It is a member of the *Allium* family, which includes onions and leeks. Garlic contains a unique combination of powerful flavonoids and sulfur-containing nutrients including thiosulfinates (allicin), sulfoxides (alliin), and dithiins (ajoene). Allicin, one of garlic's most highly valued sulfur compounds, stays in tact for only 2-16 hrs. at room temperature.
The diallyl sulfides in garlic improve iron metabolism because it helps to increase production of a protein called ferroportin, which enables stored iron to become bioavailable.

Garlic is also a good source of selenium.
Garlic's combination of anti-inflammatory and anti-oxidative stress compounds help prevent or improve degenerative cardiovascular conditions like artherosclerosis and the forming of blood clots.
Garlic lowers blood pressure in two ways:
One particular disulfide called ajoene, has been shown to have anti-clotting properties. It prevents platelets from becoming too sticky and thereby lowers the risk of platelets forming a clot.
The other is the production of hydrogen sulfide (H2S) gas. Red blood cells take sulfur-containing molecules in garlic and use them to produce H2S, which in turn help our blood vessels expand and balance blood pressure. H2S is placed in the same category as nitric oxide (NO). However, not all garlic extracts can be used in the same way, and thus, do not provide this same benefit. Plus, cooking, microwaving, or adding garlic to acidic foods like lemon juice, cause it to loose some of its properties. Letting garlic sit after chopped or crushed, increases its benefits.
Garlic is a rich source of manganese, vitamins B6, and C. It also contains some copper, selenium, phosphorus and a small amount of calcium and vitamin B1. Garlic's selenium, a co-factor of glutathione peroxidase (an important antioxidant enzyme), works with vitamin E in a number of vital antioxidant systems. Garlic's B6 helps lower homocysteine, which can damage blood vessel walls.
Garlic has strong antibacterial and antiviral properties. Its disulfide, ajoene helps keep yeast candida Albicans in check.
Select fresh garlic that is plump, firm, and free of sprouts or mold. In addition to fresh garlic, buy organic garlic powder, for convenience.
Store garlic in an open basket in a cool dry place and away from sunshine and heat.

***Elgin Organics*, Australia** **http://www.harvestime.com.au/organics.php** **617 3807-5264**
***Lundberg Family Farms*, USA** **http://www.lundberg.com/ 1 530 538-3500**
***Selina Naturally/Celtic sea*salt, USA** **http://www.selinanaturally.com/ 1 888 644-7754**
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