



3059-JK Hopyard Road . Pleasanton, CA 94588  
(925) 600-7267 . www.pansonfire.com

Just in time for Halloween. These pumpkin-themed peppers will delight young and old alike.

**Stuffed Jack-o-Lantern Peppers** (serves 4)

Adapted from [everydayjenny.com](http://everydayjenny.com)

Shredded chicken

2 chicken breasts	1 teaspoon cumin
1 tsp garlic salt	1 tsp chili powder
1/2 tsp black pepper	1 can diced tomatoes with green chilies (Ro-Tel or similar)

In a large saucepan, combine chicken breasts with  $\frac{1}{4}$  c water and remaining ingredients. Bring to a boil, cover and reduce to a simmer for 12-16 minutes. Chicken should be 161°F on a food thermometer. Remove chicken breasts, reserving sauce. When cool enough to handle, shred with two forks. Stir in  $\frac{1}{2}$  to  $\frac{3}{4}$  c of the simmer sauce to moisten and set aside. Reserve remaining simmer sauce for the rice.

Mexican Rice	1 Tbsp rice bran oil (or similar)	1 c uncooked long grain rice
	reserved chicken simmer sauce	enough water to make 2 cups liquid
	1 tsp cumin	1 tsp garlic powder
	1 tsp chili powder	

Heat oil in a saucepan over medium heat. Add rice and stir often, until rice turns a golden color. Add the seasonings and cook for 30 seconds until fragrant, add simmer sauce and water (to make a total of 2 cups) and bring to a boil. Cover, reduce heat to low (make sure a simmer is still maintained) and cook for 20-25 minutes until rice is tender. Mix and fluff with a fork.

Stuffed Peppers

4 bell peppers (preferably orange)	2 c Mexican rice
1 c shredded chicken	1 c shredded cheddar cheese
1 can black beans, drained and rinsed	

1. Preheat oven to 350°F. Coat a 9x9 baking dish with non-stick spray and set aside.
2. Slice off the tops of the peppers and hollow out any seeds and ribs. Use a paring knife to carve out a jack-o-lantern face if desired.
3. Bring a large pot of water to boil. Add the peppers (and tops) and simmer for 5 minutes or until just tender. Drain upside down while you make the filling.
4. Mix the rice, chicken, beans and  $\frac{3}{4}$  c of the cheese. Divide between the peppers and sprinkle with the remaining cheese.
5. Bake for 30 minutes until cheese is melted and peppers are entirely tender. Replace pepper tops and serve warm. (A green salad and a mini quesadilla makes for a full meal.)

**Shopping List:** orange bell pepper, chicken breasts, Ro-Tel tomatoes and chilies (or similar)

**Equipment Needed:** Saucepans, tongs, high-heat spoons, measuring spoons and cups, baking dish, chef's knife, paring knife, cutting board, grater

**Pantry Staples:** rice bran oil, black beans, long grain rice, cheddar cheese, cumin, chili powder, garlic powder, garlic salt, black pepper, non-stick cooking spray