

Stuffed Peppers with Beef

Cynthia M. Graney

Ingredients:

1 lb organic chopped beef
2 plum tomatoes
1 small onion
2 celery stalks

½ cup basmati rice (cooked)
8 sweet peppers (cubanale or bell)
2 carrots
6 white button mushrooms

Olive oil, salt, black pepper, parsley, basil



Ingredients Function:

Beef: Sweet flavor, neutral/warm in nature with a propensity for the spleen and stomach. It reinforces the spleen & stomach while enriching Qi and blood. It strengthens tendons and bone.

Basmati Rice: Sweet/aromatic flavor, neutral/warm in nature with a propensity for the spleen and stomach. It nourishes the spleen, harmonizes the stomach and relieves thirst. Basmati rice is lighter than other rices, therefore good for damp, overweight and other stagnant conditions.

Tomato: Sweet/sour flavor, cool in nature with a propensity for the stomach and liver. It builds yin fluids, relieves thirst, tonifies the stomach, cleans the liver and purifies blood. **Note:** tomato is an acidic fruit but after digestion it alkalizes the blood. **Caution:** Emissive; contains toxin solanine and can also upset calcium metabolism. To neutralize: bake, roast or fry with salt or miso. Serve with parsley or seaweed.

Sweet Peppers: Sweet flavor, cool nature with a propensity for the stomach and liver. It builds yin fluids, reinforces the spleen, helps detox liver. **Caution:** see tomato.

Onion: Pungent/bitter flavor, warm in nature with a propensity for the lung, stomach and large intestine. It activates Yang by promoting warmth and dispels coldness. Resolves stagnant blood, dissolves hard masses & aides in bowel movements.

Carrot: Sweet flavor, neutral in nature with a propensity for the spleen, liver and lung. It reinforces the spleen; aides digestion. Sends down Counterflow Qi, arrests cough, clears heat & detoxifies.

Celery: Pungent/sweet flavor, cool nature with a propensity for the liver, stomach & bladder. Clears heat, calms the liver, tranquilizes the mind, promotes urination, eliminates dampness & cools the blood.

White mushroom: Sweet flavor, cool in nature with a propensity for the spleen, stomach & lung. Reinforces the spleen, moistens dryness, clears heat & dissolves phlegm.

Recipe Function:

Nourishes Yin, tonifies the middle Jiao, detoxifying, clears heat, dissolves phlegm and promotes fluids.

Applications:

Diabetes, high cholesterol & blood pressure, poor appetite, Qi & blood stagnation, constipation and fatigue.

Directions:

Cook the rice according to directions on the bag. Then let it stand and cool. While the rice is cooking, wash & clean all vegetables.

Finely chop all vegetables and the fresh herbs **except** the peppers. Take the peppers and cut off the tops and remove all seeds and rinse.

Then slice the pepper length wise and place on a cooking sheet.

In a large bowl mix the beef, chopped vegetables, herbs and rice. Salt and pepper to taste. Use a handful of fresh parsley and 5 leaves of basil.

Stuff the mixed ingredients into the peppers and place the tops onto the peppers.

Drizzle with olive oil or any other desired oil.

Bake in a 350* preheated oven for approximately 20 minutes or until peppers are tender and meat is browned.

Variations:

Vegetarian style; eliminate the meat and increase the rice to 1 cup.

Prepare the same way and cook for approximately 15 minutes or until peppers are tender.

Half vegetarian/ half meat; use ½ cup of rice and ½ lb chopped beef. Prepare the same way and cook.

Place on your favorite dish and **ENJOY A COMPLETE MEAL!!!**