

UNSTUFFED PEPPERS

Jeremy Ansell

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INGREDIENTS:

- 2lbs lean ground meet
- ¾ cup fine Italian bread crumbs
- 4 bell peppers – I use different colors for better look
- 2 jalapenos (Optional)
- 3 regular hunts diced tomatoes w/ basil, oregano and garlic
- ½ cup instant rice
- 2 tbsp of Italian seasoning
- 1 tbsp of paprika
- 1 container of Swanson's beef stock
- Salt and pepper to taste



DIRECTIONS:

- Mix together ground meat and bread crumbs and set aside for 15 minutes
- Cut peppers and onions into even sizes (Helps dehydrate more evenly)
- Sauté veggies in one tbsp of olive oil until slightly tender then remove from pan
- In the same pan cook ground meat until browned
- Place all the ingredients into a slow cooker on low for 4 hours
- Season as you go to taste. Enjoy a bowl with some saltines or crispy tortilla chips
- Place in air tight storage container in refrigerator overnight



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- Spread out evenly onto parchment paper covered dehydrator racks
- Dehydrate at 145 degrees for 4 hours.
- Vacuum seal into individual packages and you now have a backcountry meal

REHYDRATING

- Boil in water for approximately 4 minutes then remove from heat
- Let stand for 15 minutes
- Check and stir for doneness.

