



List of Supplies Needed

Caribbean Stuffed Pepper Recipe

General

- Recipe

Cooking

- Measuring cups & spoons
- Cutting mat/board
- Plastic/butter knife
- Baking sheet
- Fork
- Can opener
- Large bowl
- Mixing spoon
- Spoon
- Saucepan
- Stovetop
- Whisk

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[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

Food & Produce

Stuffed Pepper

- Bell peppers
- Brown rice, cooked
- Black beans
- Lime
- Sweet corn, kernels removed
- Light coconut milk
- Anise seeds
- Cilantro
- Salt & pepper

Red Chili Sauce

- Olive oil
- Water
- Red chili powder
- Whole wheat flour
- Salt
- Cumin

