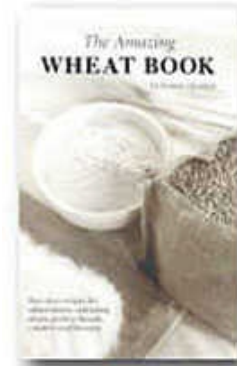


Food Storage Recipes

from the "Amazing Wheat Book"

by LeArta Moulton¹



Green Pepper Bake

Mix:

2 C Baked Ground Gluten Pieces, chopped fine

2 tsp Italian seasoning (page 93)

1/2 tsp salt

1/4 tsp pepper

2 eggs

1 C rice, cooked

Cut the top off or halve 4 large green bell peppers and remove seeds. Parboil if desired. Place stem-side down or pepper half in baking pan and fill with above mixture, replace top, pour a broth over this, about half way up. Cover and bake in 350° oven, 30 min.