

Press Release  
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### Bell Peppers

Yesterday afternoon, my neighbor brought me some beautiful bell peppers from her garden and promised more to come. These peppers are a staple in our Louisiana cooking, and I was delighted to get fresh-picked ones.

Bell peppers, taking their name from their shape, are the most popular of all of the peppers. Most bell peppers have three or four lobes. They come in a variety of colors—red, yellow, green and orange--depending on the variety and the stage of ripeness.

Most peppers in the supermarket produce section are in the mature ripeness stage. If they remain on the stem longer, however, they turn red and become sweeter.

The mild flavor of these sweet peppers comes from a recessive gene which neutralizes capsaicin.

Sweet peppers contain not only vitamin A as well as more vitamin C than an orange. Red peppers contain large amounts of antioxidants which help to neutralize free radicals in the body.

Bell peppers properly stored in the refrigerator in a plastic bag will keep for a week.

If you are fortunate enough to have a bumper crop of bell peppers, this is the only vegetable that does not have to be blanched before freezing. Simply, seed the pepper and place waxed paper between halves and place them in a freezer container. They can be frozen 6 months and retain their nutrients.

### Pepper Steak Caballero

- 1 ½ pounds sirloin steak, cut in strips 1/8 inch thick
- 1 tbsp paprika
- 2 cloves garlic, crushed
- 2 tbsp butter
- 1 cup sliced green onions with tops

2 green peppers, cut in strips  
2 large fresh tomatoes, diced  
1 cup beef broth  
¼ cup water  
2 tbsp cornstarch  
2 tbsp soy sauce  
3 cups hot cooked rice

Sprinkle steak with paprika and allow to stand while preparing other ingredients. Cook steak and garlic in butter until meat is browned. Add onions and green peppers. Continue cooking until vegetables are wilted. Add tomatoes and broth. Cover and simmer about 15 minutes. Blend water with cornstarch and soy sauce. Stir into steak and cook until thickened. Serve over bed of fluffy rice. Serves 6.