



## **BISON AND WILD RICE STUFFED PEPPERS**

**SUBMITTED BY: MARIAH GLADSTONE**

### **Ingredients:**

4 Local bell peppers

1 lb Local bison burger

4 Local carrots

1 Tbsp. Local wild garlic (Olivelle in Bozeman stocks some)

1 cup uncooked Wild rice (Ojibwe harvested from Minnesota)

Parmesan cheese

### **Instructions:**

Cook wild rice according to the instructions. (This process should take an hour so either prepare the rice in advance or factor it into the cook time.)

Cut bell peppers in half vertically and remove seeds. Blanch for 5 minutes and lay then open side up on a cookie sheet.

Fry bison burger with a cup of shredded carrots

Mix bison and carrots with the wild rice and season to taste. (I enjoyed using wild garlic and oregano to give it an Italian flavor but you could also use red pepper and chili powder for a spicier option.)

Fill bell peppers with the wild rice mixture and top with more shredded carrots and shredded parmesan.

Bake for 10 minutes at 350 degrees.

Enjoy!

