

50 Ways to Stuff a Pepper

choose items down the column (not across—horizontal order is just random in this edition of the table)

Neutral Choose one or two	Veggie/meat/fruit Choose one, two, or three	Aromatic Mix & match	Spice(s) Choose tasty combination	Herbs Complement spices, etc.	Toppings Add these after cooking or briefly at the end of cooking time	Liquids Choose one or a mixture; use thin liquids to precook grains
Rice	winter squash chunks or purée	onion	cumin	oregano	chopped scallions	chicken, beef, or vegetable stock or broth
Bulgur	tomatoes or sun-dried tomatoes	garlic	coriander	thyme	fragile herbs, such as chives, chervil, dill, and basil	beef stock
Couscous	greens: spinach, chard, escarole, bok choy, etc.	shallot	fennel seed	rosemary	Bread crumbs	vegetable stock
Barley	Black beans	garlic scapes	ground pepper	tarragon	grated parmesan or similar sharp and salty cheese	soft cheese such as fresh goat cheese or ricotta
Cornmeal/polenta	finely sliced cabbage or chopped broccoli	lemon grass	caraway seeds (especially good with cabbage fillings)	parsley	capers	white wine or sherry
Quinoa	sweet potatoes	citrus zest or powdered dried peel	saffron	mint	shredded melting cheese, such as fontina or mozzarella	pepper purée
Garbanzos	peas	ginger	Bay leaf	marjoram	goat cheese, feta	veggie juice or cooking water

Black beans	corn off the cob	scallions	dry mustard	chervil	diced avocado & sour cream or 0% fat strained yogurt	tomato sauce or puree or paste
Canellini beans	contrasting peppers, chopped or diced		chili powder	cilantro		sherry
Navy beans	Sausage; ground, chopped, or shredded beef or lamb	leeks		mint		an egg
Bean threads (an Asian pasta)	shrimp, fresh tuna, scallops, mussels, clams, or seafood mousse	smoked sesame oil		lemon balm, lemon verbena		lime, orange, or lemon juice
Bread chunks or crumbs	cooked pork, bacon, or ham	Kalamata olives or oil-cured black olives		lovage		fish stock or clam juice
Potatoes (cooked or parcooked)	celery, celery leaves			borage		vinegar or fruit vinegar
Shredded zucchini	frozen peas	oil: olive oil, etc.				yogurt
Roasted or sautéed eggplant	fennel					
	carrots					
	raisins or currants					