

# Stuffed Pumpkin Peppers

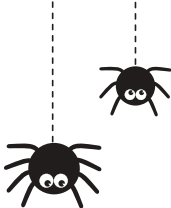
Serves : 4 people    Cooking Time : 50 minutes

## Ingredients:

- 4 medium-sized bell peppers (orange or red for a pumpkin-like appearance)
- 1 medium-sized onion, finely chopped
- 1 clove of garlic, crushed
- 1 medium-sized carrot, finely chopped
- 1 medium-sized pepper, finely chopped
- 5 button mushrooms, finely chopped
- 450 g of lean minced beef
- 1 tablespoon of plain flour
- 1 teaspoon of chili powder (adjust for your desired heat level)
- 1 low-salt beef stock cube dissolved in 150 ml of boiling water
- 2 tablespoons of tomato sauce
- 1/2 x 400 g tin of chopped tomatoes
- 100 g of frozen peas, defrosted
- 1/2 x 240 g tin of kidney beans, drained and rinsed

## Instructions:

1. Preheat your oven to 180°C (350°F).
2. Cut off the tops of the bell peppers and remove the seeds and membranes. These will be the "pumpkin" shells. Using a small paring knife, carefully carve pumpkin-like faces on the outside of the peppers, making eyes, a nose, and a mouth.
3. Place the prepared peppers in a baking dish and set them aside.
4. In a large pan, add the finely chopped onion, garlic, carrot, and pepper to the pan. Sauté for about 5 minutes or until the vegetables are softened.
5. Add the chopped mushrooms and continue to cook for another 2-3 minutes until they are tender.
6. Push the vegetables to one side of the pan and add the lean minced beef to the other side. Cook the beef, breaking it up with a wooden spoon, until it's browned and cooked through.
7. Sprinkle the plain flour and chili powder over the meat and vegetables, stirring well to combine.
8. Pour the beef stock, tomato sauce, and chopped tomatoes into the pan. Stir everything together, and let the mixture simmer for 10-15 minutes or until it thickens. Season with salt and pepper to taste.
9. Stir in the kidney beans and cook for an additional 5 minutes.
10. Carefully stuff each of the prepared peppers with the chili con carne mixture.
11. Place the stuffed peppers back in the baking dish.
12. Cover the baking dish with foil and bake in the preheated oven for about 30-40 minutes or until the peppers are tender but not mushy. Remove the foil during the last 10 minutes of baking to allow the peppers to brown slightly.
13. Once the pumpkin-shaped peppers are cooked, remove them from the oven.



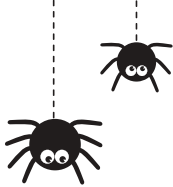
# Monster Apples

## Ingredients:

- Apples (as many as you need )
- Peanut butter
- Sliced strawberries
- Pumpkin Seeds
- White chocolate (For eyes)

## Instructions:

- Start by washing and drying your apples thoroughly.
- Cut the apples into quarters. Cut out a chunk of the apple to resemble a mouth. These will be the monster faces.
- Spread a thin layer of peanut butter into the mouth of the apple.
- Create the monster faces by adding features:
  - Use sliced strawberries for the tongue.
  - Add a small dot of white chocolate for the eyes.
  - Insert pumpkin seeds into the apple slice for teeth.





# Strawberry Ghosts

## Ingredients:

- Strawberries
- White Chocolate
- Black icing



## Instructions:

- Wash and thoroughly dry the strawberries, making sure they are completely moisture-free.
- In a microwave-safe bowl, melt the white chocolate. You can do this by heating it in 20-30 second intervals in the microwave, stirring between each interval until it's smooth and fully melted.
- Hold each strawberry by the leaves and dip it into the melted white chocolate, covering it entirely. Allow any excess chocolate to drip back into the bowl.
- Place the coated strawberries on the parchment paper-lined tray and allow them to cool and set. You can speed up the process by placing the tray in the refrigerator for about 15 minutes.
- Once the white chocolate has set, you can decorate the strawberries to look like ghosts.
- Let the strawberry ghosts set completely in the refrigerator until the chocolate hardens.

