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Onions & Peppers: Not Just For Seasoning! (Southern Cooking Recipes Book 38)



Synopsis

There are numerous varieties of onions. In the South, yellow, purple and Vidalia onions tend to be our favorites. Onions and peppers are not just for seasoning. Onions and peppers make a tasty side dish or pair them with a few ingredients for a delicious main dish, appetizer, bread or soup. Peppers come in all shapes, sizes, flavors and colors. In the south, green bell peppers and jalapeño peppers tend to be the favorites. You can substitute any color bell pepper for the green bell peppers in the recipe. If you love stuffed peppers, this book has plenty of recipes for stuffed onions and peppers. With over 180 recipes, you will be able to incorporate onions and peppers as a mainstay in your diet. Onions and peppers are healthy vegetables and we all need to eat more of them.

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