

# Bell Peppers Poivrons

4 Count • Sac de 4 unite



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## Gourmet MIXED PEPPERS

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# Mixed PEPPER MEDLEY



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NET WT. 3 LBS.

HIGH IN VITAMIN C



MARKET FRESH  
RED ONIONS



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INGREDIENTS:

2 MEDIUM RED ONIONS, WASHED  
1 TOP MEDIUM CHOPPED AND PEPPER FLAVORED  
1/2 CUP OLIVE OIL  
1/2 CUP MINCED GARLIC  
2 TSP WHITE WINE VINEGAR

1 CUP WHOLE PITTED OLIVES  
2 TSP FRESH CHOPPED GARLIC (OPTIONAL)

DIRECTIONS:

PLACE ONION HALVES - CUT SIDES DOWN IN - SHALLOW PAEL BAKE AT 400°F FOR 30 MINUTES ON UNITS, UNWASHED AND SLIGHTLY SOFT WHEN FINISHED AND THEN CUT HALVES AND PLACED IN A BOWL. DRIZZLE TO MAKE. DRIZZLE FRESH SAUCE AND TSP STEAM BEANS (OPTIONAL) IN PAST PROCEEDURE WITH OIL, WHISKING AND RED PEPPER FLAVORS. PROCEED TO END OF THESE PREPARING INSTRUCTIONS. SEE VEGGIE CHARTER FOR CHOPPED, AND TASTED AND ORIGINAL AND PROCEED TO END OF THESE PREPARING INSTRUCTIONS. MAKE 6 CUPS.

CHARRED RED ONION SALSA

RECIPE COURTESY OF NATIONAL ONION ASSOCIATION

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HIGH IN VITAMIN C



MARKET FRESH  
WHITE ONIONS



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INGREDIENTS:

1 TUBULAR CRUSTY BRUSCHETTA (ABOUT 8 OZ)  
1/2 CUP LIGHT CREAM SPREAD  
1/2 CUP SOUVIGNON OIL (LOW FAT)  
1/2 CUP PARMESAN CHEESE, GRATED  
2 TSP DRY GARLIC POWDER

2 TSP FRESH BREAD CRUMBS  
1 CUP PIZZA SAUCE, CHOPPED  
1 MEDIUM ONION, CUT INTO 1/2 CUP PARMESAN CHEESE, GRATED  
1/2 CUP PARMESAN CHEESE, GRATED  
1/2 CUP FRESH PLUM TOMATOES, CHOPPED

DIRECTIONS:

SPLIT BREAD IN HALF LENGTHWISE. ROLL UP SOME BREAD FROM LOWER OF EACH HALF, LEAVING A THIRD BREAD. BEAT EGGS AND BEAT WITH FORK AND SPREAD INSIDE. IN THE MIDDLE OF EACH BREAD HALF, PLACE A SERVING OF PIZZA SAUCE AND A THIN LAYER OF ONIONS OVER IT. SPREAD WITH PARMESAN CHEESE, GRATED AND BREAD CRUMBS. BAKE AT 400°F FOR 30 MINUTES ON UNITS. DRIZZLE WITH SAUCE AND TASTED AND ORIGINAL AND PROCEED TO END OF THESE PREPARING INSTRUCTIONS. MAKE 6 SERVINGS.

CRUSTY ONION BRUSCHETTA

RECIPE COURTESY OF NATIONAL ONION ASSOCIATION

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HIGH IN VITAMIN C



MARKET FRESH  
YELLOW ONIONS



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INGREDIENTS:

4 LARGE YELLOW ONIONS  
8 TSP BUTTER OR OLIVE OIL  
1 TSP SALT  
2 QUARTS BROUCCED BEEF OR CHICKEN BROTH

1/2 CUP BROWN RICE  
SALT AND PEPPER TO TASTE  
1/2 CUP SHREDDED PARMESAN CHEESE, GRATED  
SHREDDED PARMESAN CHEESE

DIRECTIONS:

WASH BROWN RICE. RINSE UNDER COLD WATER AT LEAST 8 TIMES. ADD ONIONS, COOK OVER MEDIUM HEAT 12 MINUTES, FOR UNTIL TENDER AND SOFTENED. ADD BUTTER, SALT AND PEPPER AND COOK. STIRRING FOR 1 MINUTE AND BROWN COOK AND BRING TO A BOIL. REDUCE HEAT. SIMMER 12 MINUTES. ADD BROUCCED BEEF OR CHICKEN BROTH. SIMMER ON UNITS WITH SALT AND PEPPER. NO SOUP, LAKE SOUP WITH SOUP PLANT. TOAST ON SOUP. SPRINKLE WITH CHEESE. FINISH & SERVED.

CLASSIC ONION SOUP

RECIPE COURTESY OF NATIONAL ONION ASSOCIATION