

# UFI's Stuffed Swiss Chard



Recipe courtesy of Beth Roy

## Ingredients

- 2 slices of bacon, finely chopped
- 1 large shallot, finely chopped
- 1/2 large white onion, finely chopped
- 12 garlic cloves, minced
- Sliver of a hitch bonnet pepper, minced
- 16oz organic ground beef
- 7 oz turkey sausage, finely chopped
- 1/8 tsp freshly ground black pepper
- 1 tsp salt
- 1 tsp Italian seasonings
- Large Swiss chard leaves
- 3 cloves of garlic, whole
- 1 cup cooked rice
- 2 eggs, whipped
- 1 cup panko
- 1 tsp Italian seasonings
- 2 Tbs butter
- Juice of 1 lime

## Directions

1. In a large skillet, cook bacon
2. When bacon becomes translucent, add remaining ingredients under heading 'ingredients part 1'
3. In a sauce pan, cook rice according to directions
4. When bacon mixture and rice are cooked, combine together and set aside
5. Remove large bottom part of Swiss chard stem
6. In a saucepan, boil water with 3 cloves of garlic
7. Blanch Swiss chard one at a time
8. Set each on a paper towel to dry
9. Depending on Swiss chard leaf size, take a spoonful or ladle of stuffing
10. Close the Swiss chard like an envelope beginning with the top, then the sides, then the bottom. Continue until stuffing is gone
11. Set aside in refrigerator for 2 hrs
12. In a skillet, heat butter on low
13. In a medium size bowl whip the eggs with a fork
14. In another bowl, add the panko and Italian seasonings together. Mix well
15. Dip the Swiss chard packets into the eggs and then the panko
16. Set in skillet, leaving enough room for a spatula to turn packets
17. Turn heat to medium high
18. Once brown on both sides, plate and squeeze a dash of lime juice before serving



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