



2025 WORLD KINDNESS DAY

# COOKBOOK

A special collection of recipes from our No Kid Hungry chef champions



# STUFFED PEPPERS

by Katie Workman

SERVES: 6

## INGREDIENTS

6 large bell peppers, any color  
½ pound ground turkey, preferably 85% lean / 15% fat  
½ pound mild or hot turkey sausage, casings removed  
1 onion, finely chopped  
1 cup zucchini, small-diced  
1 ½ cups cooked and cooled rice (white or brown or any rice blend)  
1 cup tomato sauce, divided  
¼ cup fresh parsley, chopped  
1 Tbsp fresh basil, chopped or 1 tsp dried basil  
1 tsp sugar  
1 tsp kosher salt  
½ tsp freshly ground black pepper  
1 cup shredded cheese, preferably Monterey Jack

## METHOD

1. Cut the tops off the peppers and remove seeds and membranes from inside. Preheat the oven to 350°F. Spray a 13 x 9 baking dish with nonstick spray, or lightly oil the dish.
2. Heat a large skillet over medium high heat. Add the ground turkey, turkey sausage and onion, and stir occasionally for about 8 minutes, until the meat is browned and crumbly, breaking it up with a spoon as you go. Drain the turkey mixture in a colander and return the meat to the skillet over medium high heat. Add the zucchini and rice and cook, stirring occasionally, for another 3 minutes, until everything is very well combined. Stir in ½ cup of the tomato sauce, parsley, basil, sugar, salt and pepper.
3. Stuff the mixture into the 6 peppers, dividing it evenly and packing them full but not too tightly. Place the stuffed peppers upright into the prepared baking pan (see tips on keeping peppers upright). Spoon the remaining ½ cup tomato sauce evenly over the filling, and sprinkle the tops evenly with the shredded cheese.
4. Cover the peppers loosely with aluminum foil. Bake, covered, for 45 minutes. Uncover and bake for 15 minutes longer, or until the peppers are tender and the cheese is golden brown. Let stand for 10 minutes before serving, on a platter or individual plates.



## HOW TO KEEP STUFFED PEPPERS FROM FALLING OVER

There are three simple options to keep your peppers upright as they bake:

1. Choose a baking pan that is just large enough to hold all 6 of the peppers snugly so that they hold each other upright with no room to tip (that's what I did).
2. Carefully slice a tiny bit off the bottom of the pepper so that there is a flat bottom. Make sure not to cut through the bottom of the pepper itself; you are just trying to trim off the rounded nubs at the base of the pepper.
3. Nestle the peppers into foil. Pull off a square of foil, crunch it up around the base of the pepper, and squish the bottom so that the foil is flat on the bottom and the pepper can rest in its foil nest.

# CAESAR COLORADITO SALAD

by Bricia Lopez

SERVES: 4

TIME: 10 MINUTES

## INGREDIENTS

4 heads romaine lettuce,  
washed

2 egg yolks

2 garlic cloves

3 Tbsp Mole Coloradito Starter  
(or your favorite Oaxacan  
Mole Starter)

1 tsp worcestershire sauce

1 Tbsp dijon mustard

2 tsp lemon juice

1 tsp red wine vinegar

½ tsp salt

1 pinch black pepper

¼ cup olive oil

3 cups croutons

1 cup cotija or parmesan  
cheese, grated

## SPECIAL EQUIPMENT

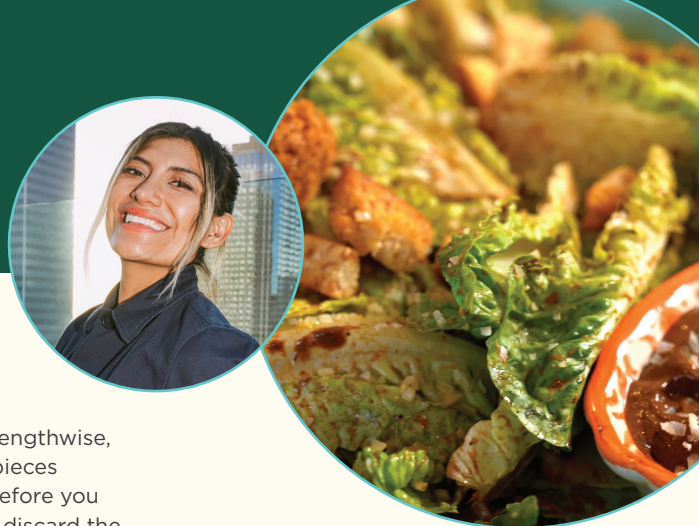
Food processor

Immersion blender

Mortar and pestle or whisk

## METHOD

1. Cut each head of romaine in half lengthwise, then cut widthwise into bite size pieces approximately 1-inch wide. Stop before you reach the base of the lettuce, and discard the core. Place the lettuce into a large bowl and set aside.
2. In a food processor, add the egg yolks, garlic, mole starter, worcestershire, dijon, lemon juice, vinegar, salt and pepper. Turn the processor on and slowly drizzle in the oil.  
  
*Tip: You can use an immersion blender, mortar and pestle, or a bowl with a whisk for this step.*
3. Drizzle the dressing onto the lettuce and toss until evenly coated. Add in the croutons and toss one more time.
4. Divide the salad between bowls, and serve with a sprinkling of cheese.





# SPANISH CHORIZO, STEWED BEANS WITH CORN & CILANTRO RICE

by Timon Balloo



SERVES: 2

## INGREDIENTS

2 Tbsp olive oil  
1 yellow onion,  
thinly sliced  
2 garlic cloves, crushed  
½ yellow pepper, deseeded  
and cut into 1 inch chunks  
½ red pepper, deseeded  
and cut into 1 inch chunks  
½ cup corn kernels,  
fresh shucked or frozen  
2 links chorizo sausage  
½ tsp chili powder  
1 tsp smoked paprika powder  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp oregano  
salt & pepper, to taste  
15 oz can crushed tomatoes  
1 Tbsp tomato paste  
15 ½ oz can pinto beans,  
drained and rinsed  
16 fl oz vegetable stock  
4-5 oz long grain rice, cooked  
and ready to serve  
2 Tbsp cilantro, chopped  
1 tsp butter  
1 small ripe tomato, chopped  
2 Tbsp green onions, sliced  
1 lime, cut into wedges  
Optional: ½ jalapeño,  
fresh chopped fine  
Optional: 3 ½ oz sour cream,  
to serve

## METHOD

1. Add oil to a 10- or 12-inch stovetop casserole dish and place over a medium heat. Once oil is hot, add the onion and garlic, cooking gently for 3-5 minutes and stirring regularly. Add the peppers and corn, cook for 3-5 minutes.
2. Stir in the spices and cook for a few seconds, then add the crushed tomatoes, tomato paste, beans and sausage. Add 12 ounces of vegetable stock, reserving remaining 4 ounces.
3. Bring the casserole to a gentle simmer. Simmer for 30 minutes, stirring occasionally until some of the liquid has evaporated, but the mixture is not dry. If casserole begins to dry out, add remainder of stock.
4. While the sausage and beans are simmering, finish rice by mixing in butter and ½ tbsp of chopped cilantro. Reserve rice until serving.
5. To finish the dish, adjust seasoning with salt and pepper. Spoon the sausage and bean mixture onto plates, add rice and scatter chopped tomatoes, green onions and remainder of cilantro on top. Serve with lime wedges and sour cream if desired.

# RED VELVET CUPCAKES

by Tiffany Lightfoot

MAKES 24 CUPCAKES

## INGREDIENTS

### Red Velvet Cupcakes

2 large eggs,  
room temperature

1 cup buttermilk,  
room temperature

1 ¼ cups vegetable oil

1 Tbsp cocoa powder

1 tsp salt

1 tsp baking soda

1 ½ cups sugar

2 ½ cups all-purpose flour

2 Tbsp red food coloring

1 tsp white distilled vinegar

2 cups Hershey's Cream  
Cheese Chips (optional)

### Cream Cheese Frosting

1 pound cream cheese,  
softened

2 sticks butter, softened

2 tsp vanilla extract

4 cups confectioner's  
sugar, sifted

## SPECIAL EQUIPMENT

Handheld Electric Mixer

Cupcake pan

Paper baking cups

Sifter or fine mesh strainer  
for sifting

## METHOD

### Red Velvet Cupcakes

1. Preheat the oven to 350 °F. Line muffin pans with 24 paper cupcake liners.
2. In a medium mixing bowl, sift together the flour, sugar, baking soda, salt and cocoa powder.
3. In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar and vanilla with a handheld electric mixer. Alternatively, you can also use a whisk for this step.
4. Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined. You can also use a wooden spoon for this step.
5. Divide the batter evenly among the cupcake tins about ¾ filled. Bake in the oven for about 20 to 22 minutes, turning the pans once, halfway through.  
  
*Tip: Always test the cupcakes with a toothpick or cake tester for doneness.*
6. Remove from the oven and cool completely before frosting.



### Cream Cheese Frosting

1. In a large mixing bowl, beat the softened cream cheese, butter and vanilla together until smooth with a handheld electric mixer or a wooden spoon.
2. Add the confectioner's sugar and on low speed if using an electric mixer, beat until incorporated.
3. Increase the mixing speed to high and mix until very light and fluffy.

*\*We love to add a caramel drizzle and red velvet cake crumbs to take it to another notch. Garnish with sugar crystals, pecans or fresh raspberries for some extra flair*