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Some classic options include fresh garlic, bell peppers, and onions? These vegetables add a noticeable crunch and pop of color to your recipe! Fresh herbs like basil or parsley can also enhance the flavor; Tips for Making Chili - Plum Cook-Off Winning Recipe! Rum Spice : Blog ; Rumi Comred/saffron: Tigesu for

If, at any point during or immediately after the contest, a competitor regurgitates any food, he or she will be disqualified.

[Competitive eating - Wikipedia](#) : wiki : Competitive\_eating

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Rules (Read Carefully!) Eat 1 Carolina Reaper pepper, 1 gumball, or 1 BIG handful of Carolina Reaper Pebbles and start a clock for 2 minutes. Do not drink or eat anything for the entire 2 minutes. Swallow the peppers/pebbles and describe the experience.

[Sonoran Spice Carolina Reaper Challenge](#) : carolina-reaper-pepper-challenge

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