



# Stuffed Bell Peppers

⌚ 60–70 Min    🍴 🍴 🍴

## Preparation

- 1 Remove the stalks from eight peppers, then cut out a lid around the stalk and remove all white seeds and white "threads" from the inside.
- 2 Then scald the peppers using boiling water. After five minutes, pour over cold water and allow to drain.
- 3 Meanwhile, mince 350 grams of meat — consisting of half pork, half beef — to a medium-fine consistency.

**HINT:** Alternatively, you can use pre-minced meat.

- 4 To the minced meat, add 1½ heaped teaspoons of finely chopped onion, fried until golden in a nut-sized amount of fat, salt to taste, a pinch of chopped green parsley and a very small amount of ground marjoram. Then, add 4 heaped tablespoons of boiled rice and one whole egg.
- 5 Stuff the prepared peppers with the mixture and place the lids on top, then wet a casserole dish with water and arrange the peppers side-by-side.

**HINT:** If you don't have a casserole dish, a wide pot or tart tin is also suitable.

- 6 Cover and cook the stuffed peppers in a hot oven until the filling feels firm.
- 7 Meanwhile, add 30 grams of flour to 50 grams of melted butter and cook until golden, then add ¼ to ½ liter of tomato puree, salt to taste, a splash of vinegar and two teaspoons of sugar, and stir until smooth.
- 8 Dilute the mixture with water as required to produce a moderately thick sauce.
- 9 After simmering briefly, pour the sauce over the cooked stuffed peppers and allow everything to stew slowly for a further 15 to 20 minutes.

**HINT:** Serve with roast potatoes or boiled rice.

