

# Soy chiftele in tomato sauce



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3-4 chiftele per person (see recipe [here](#))

For the sauce:

3-4 tablespoons tomato paste  
1-2 onions, finely chopped  
5-6 cloves of garlic, finely chopped  
1 bay leaf  
10 peppercorns  
dill, finely chopped  
1 tablespoon oil  
salt and papper, to taste

Stir fry the onions in oil for 2-3 minutes. Add the bay leaf, peppercorns and a cup of water. Cook for 4-5 minutes than and add the tomato paste and the garlic. Cover and simmer for 2-3 minutes. Add the dill and the chiftele and cook for another 2-3 minutes.

Served with various side dishes and salads.