

Stuffed peppers



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For 2-3 servings:

7-8 small or 4-5 big peppers

1/2 cup rice

2-3 carrots, grated

1 large onion, finely chopped

2 tablespoons oil

1 bunch dill / parsley, finely chopped (use the leaves for the rice mix and the stalks for the sauce)

salt and pepper, to taste

6-7 large tomatoes

Remove the top of peppers, seeds and membranes.

In a saucepan stir fry the onion and carrots, in oil, for about 3-4 minutes. Add the rice and 1 $\frac{1}{2}$ cup water. Cook the rice half. If needed, add a little water. Add salt and pepper and the dill / parsley leaves.



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Stuff the peppers with rice mixture. Cover each pepper with a slice of tomato. Stand peppers upright in a saucepan.

Prepare a sauce of blended tomatoes, a cup of water, the dill/parsley stalks, salt and pepper. Pour over peppers.



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Cook on medium heat for about 30 minutes. Add more water to the sauce if needed.



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Serve warm or cold with salad or pickles.