



JERNEJ KITCHEN

STUFFED BELL PEPPERS WITH TOMATO SAUCE

Stuffed Bell Peppers with Tomato Sauce is a simple recipe for a popular dish. Make it with bell peppers, ground meat, rice, and a delicious tomato sauce.

SERVES	6	PEOPLE
PREPARATION:	15	MINUTES
COOK:	100	MINUTES
TOTAL TIME:	115	MINUTES

STUFFED PEPPERS

- 2 tbsp olive oil
- 1 onion
- 1 garlic clove
- 1 tbsp diced parsley
- 40 g (1/4 cup) Arborio rice
- 600 g (1 1/2 pound) ground meat (80% beef, 20% pork)
- 1/4 tsp thyme and 1/4 tsp marjoram
- 1 eggs
- 40 g (1/4 cup) cream cheese
- 6 yellow bell peppers (Babura)
- 1 tbsp canola oil or olive oil (for pan-frying)

TOMATO SAUCE

- 2 tbsp olive oil, for cooking
- 1 tbsp all-purpose flour
- 1 tbsp sugar
- 1 garlic clove, crushed
- 400 g (1 2/3 cups) tomato passata
- 750 ml (3 cups) water

STUFFED BELL PEPPERS WITH TOMATO SAUCE - PREPARATION

Place a skillet with olive oil over medium heat. Add the diced onion and saute for 6 minutes. Add the minced garlic, chopped parsley, and rice. Saute for another 2 minutes. Set aside for 5 minutes for the mixture to cool slightly.

MEAT MIXTURE

Add ground meat and the rest of the ingredients from the skillet to a large bowl. Season with pepper, thyme, marjoram, and salt. Add an egg and cream cheese and stir into a combined mixture.

TIP

If you're not sure you seasoned the filling well enough, drop a teaspoon of batter into a skillet, cook for a few minutes, and taste. Adjust the seasoning if necessary.

BELL PEPPERS

Prepare the bell peppers. Slice the tops off the peppers and remove the seeds inside. Fill each bell pepper with the prepared meat filling. Place the top of the pepper on top of the filling and close with two toothpicks. This way, the filling won't get out of the pepper while cooking. Transfer the peppers to a large plate. Place a large skillet over medium heat, and add a tablespoon of oil and stuffed peppers. Pan-fry them on two sides for approximately 3 minutes on each side. If you're not sure you seasoned the filling well enough, drop a teaspoon of batter into a skillet, cook for a few minutes, and taste. Adjust the seasoning if necessary.

TOMATO SAUCE

Add two tablespoons of oil into a large pot. Add the flour,

1 bay leaf

2 sprig parsley, 3 basil leaves, 1/4
tsp oregano

TOOLS AND EQUIPEMENT

skillet

kitchen knife

cutting board

toothpicks

large pot

sugar, and crushed garlic clove. Set over medium-high heat and pan-fry for 5 minutes, stirring occasionally. Add the tomato passata, stir and cook for another minute. Add the water and season with bay leaf, parsley, basil, oregano, salt, and pepper. Bring to a boil, then simmer for 5 minutes.

STUFFED PEPPERS

Add the stuffed peppers into the pot with tomato sauce. The cut side should be looking up. Arrange them closely together. Cover with a lid and cook for one hour and fifteen minutes at a low simmer. Divide between plates and optionally serve with [mashed potatoes](#).