

TOMATOES AND PEPPERS STUFFED WITH RISE

5-6 Servings

- ✓ 6 medium sized, ripe tomatoes
- ✓ 6 green peppers
- ✓ 2-3 onions, finely chopped
- ✓ 1 ½ teacups olive oil
- ✓ 3 tablespoons finely chopped parsley
- ✓ 2 teaspoons mint
- ✓ ½ kilo (1 lb or 2 oz) rise
- ✓ salt – pepper
- ✓ 15 teaspoons rise
- ✓ 2 tomatoes chopped finally

Wash the tomatoes and peppers. Using a sharp knife , cut a thin, round slice off the top, stem end of each one and keep aside to use them later as a lid-like cover.

With a teaspoon remove the seeds from the peppers and scoop the tomato pulp out. Place the tomato pulp in a bowl and shred it finely. Arrange the hollowed out tomatoes and peppers in a baking dish, season with salt and pepper.

In a pot, saute the onions in the oil on a medium fire. When slightly golden, add the rice, washed and strained the parsley , the mint, the reserved , shredded tomato pulp, salt,pepper, a little water and let these cook for 2-3 minutes .

Next , fill the tomatoes and peppers, only three-quarters full,with the prepared stuffing.

Cover them with the reserved round tops and bake them in a medium oven for about 45 minutes at 200 C.

Note: You may also insert some slices of potatoes between the tomatoes and peppers. You might also pour the juice of 2 tomatoes mixed with 1 teacup olive oil , over the stuffed vegetables.

This way this dish will be more juicy.