

STUFFED TOMATOES AND PEPPERS



Ingredients

6 large tomatoes
1/2 cup sugar
0.5 kilo ground beef
1/2 cup olive oil, plus more for drizzling
2 onions (finely chopped)
2 cloves garlic, minced
1 cup fresh parsley, minced
1,5 cup rice
Salt and pepper to taste

Preparation

Preparation of the vegetables

1. Cut off a slice from the top of tomatoes (from the part across the stem) and peppers (this slice will be used to cover the vegetables).
2. Very carefully scoop out all the tomato flesh (all of it) using a small spoon and keep it aside. Be careful not to cut the tomato skin.
3. Process the tomato flesh using a food processor until you get a liquid.
4. Put some salt in the bottom of tomatoes and put them upside down so that salt absorbs all liquids left.

Preparation of the stuffing

1. Saute the onions in olive oil, add the meat and continue to sauté the mixture.
2. Add 0.5 cup of water, salt, pepper and parsley and cook in low heat until water is absorbed.
3. Add the rice, mix and remove from the heat.
4. Add 1 cup of the tomato liquid and mix.

Stuffing the vegetables

1. Arrange tomatoes and peppers in a baking pan.

2. Spoon in the stuffing, half fill them because the rice will need the extra space while cooking.
3. On top of every pepper put a spoonful of the tomato liquid.
4. Cover the vegetables with the lids and salt them.
5. Pour 1 cup of olive oil on top and add the rest of tomato liquid in the pan.

Cook in pre-heated oven (200 C) for about an hour.

Notes

This recipe is best made in summer when tomatoes are at their peak. You can also use the same filling for aubergines, zucchini, or any other vegetables that may be available.