



Greek stuffed vegetables with rice and ground meat

25'

Hands on

90'

Cook Time

6

Portion(s)

2

Difficulty



Method

For the stuffed vegetables

- Remove the stems from the tomatoes and cut the top part to make a kind of "lid". Carefully remove the flesh from the tomatoes, using a teaspoon.
- Transfer to a [36x28 cm baking pan](#).
- Cut the tops of the green peppers in the same manner and remove the seeds and ribs. Slice off a little of the base so they can be positioned upright, but make sure not to create a hole at the bottom. Add them to the baking pan along with the potatoes.

For the filling

- Preheat oven to 180* C (350* F) Fan.
- Place a [deep pan](#) over heat, let it get hot and add the olive oil.
- Finely chop the onion, garlic, leek and the edges from the green peppers.
- Add to the pan along with the granulated sugar and sauté.
- Add the rice, bouillon cube, white wine and ground beef.
- Mix with a wooden spoon and break up the ground beef.
- Add the water, lower heat and season with salt and pepper.
- Squeeze the tomato flesh your removed, with your hands and transfer to pan. Sauté for 10-15 minutes, until all the moisture evaporates.
- When the filling is ready, remove from heat.
- Finely chop the dill, parsley and mint. Keep some of the herbs aside and add the rest to the filling.
- Taste the filling and make sure it is to your liking. Season to taste and add the olive oil.
- To fill the vegetables, begin by drizzling the interior with some olive oil and then seasoning with salt and pepper.
- Fill the vegetables to the rim, cover with their "lids" and set aside.

Ingredients

- 6 tomatoes
- 2 red bell peppers
- 2 yellow bell peppers
- 2 green bell peppers

For filling

- 1 onion
- 1 clove of garlic
- 1 leek
- 60 g olive oil
- 1 tablespoon granulated sugar
- 300 g glutinous rice
- 1 chicken bouillon cube
- 50 g white wine
- 500 g ground beef
- 400 g water
- salt
- pepper
- ½ bunch dill
- ½ bunch parsley
- ½ bunch mint

To assemble

- 500 g potatoes
- 2 tablespoons olive oil
- salt
- pepper
- 1 tablespoon butter
- 200 g water

To serve

- fresh herbs
- mint leaves
- Greek feta cheese
- dry oregano
- 1 tablespoon olive oil
- bread

Διατροφικός πίνακας

Nutrition information per portion

To assemble

- Place a **pan** over heat and let it get hot.
- Peel the potatoes and cut them into wedges.
- Add the olive oil, pepper, salt and butter. Saute until golden. When ready, distribute in the baking pan among the stuffed vegetables.
- Add the water, cover with parchment paper and then aluminum foil.
- Bake for 1 hour, remove coverings and bake again for 20-30 minutes, until nice and golden.

To serve

- On a **servng plate**, add the stuffed vegetables, potatoes, fresh herbs and mint leaves.
- Serve with feta cheese, dry oregano, olive oil and bread.

496 Calories (kcal)	11.0 Total Fat (g)	5.7 Saturated Fat (g)	69.0 Total Carbs (g)
25%	16%	29%	27%
16.0 Sugars (g)	26.0 Protein (g)	7.9 Fibre (g)	1.2 Sodium (g)
18%	52%	32%	20%