

Stuffed Green Peppers With Olive Oil Zeytinyağlı Biber Dolması



30 green bell peppers 1 + 1/2 cup rice 3/4 cup olive oil 3 onions, big size 4 tomatoes, big size 1 tsp pepper paste 1 tsp black pepper 1 tbsp dried mint 10 parsley stems 2 cube sugar

For covering: 2 hard tomatoes

Rest the rice in warm water for about 15-20 minutes.

Slice the onion finely, sauté with olive oil for a few minutes, then add rice, and then sprinkle salt and black pepper on it.

When they get cooked partly, add 1 cup warm water and grated tomatoes.

Cook over medium heat until it absorbs all the liquid.

Just before removing from the stove add dried mint and finely sliced parsley stems, and cover the lid, rest it for a while.

By this way carve the peppers, wash and drain.

Stuff the peppers with the mixture, but do not stuff too hard. Cover with tomato slices.

Set into the pot, and add 2 cup warm water and 2 cube sugar. Cook over medium heat for about 30-35 minutes. Serve warm or cool.

Note: You can add pine kernels and currant into the stuffing.

© ml.md (English) Recipe #: 242 | Recipe name: Stuffed Green Peppers With Olive Oil | date: 03.04.2025 -