

# Peppers stuffed with rice

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Serves  

## Ingredients

2 green peppers  
180 g of rice  
1 ripe tomato  
1/4 onion  
extra virgin olive oil  
salt  
1/2 teaspoon dry dill

## Method

In a pot fry lightly the onion for a few minutes, pour the rice and mix well, add the pulp of a ripe tomato, stir for a minute and pour the water in the same quantity of rice, bring to boil on a high flame, then close with the lid, lower the flame and cook for 12 minutes. Meanwhile wash the peppers, cut the cap top and emptied from the seeds. Salt peppers inside, fill with rice to which you have added chopped dill. Cover with the cap and put them in a pot from the high edges, add half cup of water and extra virgin olive oil, cover with lid and cook for 30 - 40 minutes over a low heat. Serve warm!

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