Stuffed Red Peppers w/Mint, Parsley, and Terragon

NIBBLEDISH CONTRIBUTOR

Ingredients

6 Large Red Peppers
1 lb Ground Beef
1/4 lb Basmati Rice
1 Large Onion, chopped
4 tbsp Tomato Paste
1/4 Cup Parsely, chopped
1/4 Cup Mint, chopped
1/6 cup Chives, chopped
1/6 cup tarragon, chopped
Olive Oil
Salt & Pepper
Water

Instructions

1. In a small pot, add two cups of boiling water and add basmati rice. Cook rice until soft.
2. In a medium pot, drizzle olive oil and cook mint, chives, tarragon, and parsley together until tender and dark in color. Add ground beef and some more oil and cook together until the beef is cooked. When the rice is ready, spoon in the rice into this mixture and combine together, no longer cooking any ingredient.
3. In a seperate large pot, drizzle olive oil and add chopped onions. Cook until translucent. Add 1/2 cup water, salt, pepper, tomato paste and mix togther. Bring liquid to a boil.
4. Take each pepper, cut the top, remove the seeds with a spoon and wash the inside. Spoon the meat and rice mixture into each pepper then place into the large pot - standing up, side by side. Put the cap/top on each pepper. Add 1/2 cup extra water and cook on medium heat for about 30 minutes or until the

filling mixture is soft but before the peppers are too soft and fall apart.

5. Place each pepper carefully into serving tray using laddle. Drizzle juice left in pan over top and serve immediate hot with some fresh cut lemons. Serve as side dish or appetizer.

Great winter dinner party dish.
Serves 6.