

Stuffed Peppers

Ingredients

- Olive oil
- 1 medium onion, very finely chopped
- 1 clove garlic, crushed
- 250 g lean beef mince
- 2 teaspoons paprika
- 225 ml water
- 1 squirt tomato puree
- Salt and pepper, to taste
- 1 small handful long grain rice
- 2 large peppers
- 1 tin (15 oz) Heinz tomato soup

Steps

1. Heat and cook the following in a large pan:
 - Olive oil
 - 1 medium onion, very finely chopped
2. Add the following to the large pan:
 - 1 clove garlic, crushed
 - 250g lean beef mince
 - 1/2 squirt tomato puree
 - 1 tsp paprika
 - 1/2 cup water
 - 1 small handful long grain rice
 - Salt and pepper
3. Simmer for 20 mins
4. While that's cooking, clean and cut the tops of 2 large peppers
5. When mince filling is cooked, stuff peppers by pressing the mince filling in with a spoon
6. Place stuffed peppers in the pan and add the following:
 - 1 tin (15 oz) Heinz tomato soup
 - 1/2 cup water
 - 1/2 squirt tomato puree
 - 1 tsp paprika
 - Salt and pepper to taste
7. Heat up and simmer gently with lid on for 30 mins
8. Turn peppers over and cook for another 30 mins