

Stuffed Peppers (Töltött Paprika)



Ingredients:

For the Stuffed Peppers:

- 6 large bell peppers (any color)
- 1 cup rice, uncooked
- 1 pound (about 450g) ground pork or a mix of pork and beef
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1 egg
- 1/4 cup breadcrumbs
- Salt and pepper to taste
- 1 teaspoon sweet paprika
- 1 teaspoon dried thyme or marjoram

For the Tomato Sauce:

- 1 can (14 oz) crushed tomatoes
- 1 tablespoon tomato paste
- 1 cup beef or vegetable broth
- 1 teaspoon sweet paprika
- Salt and pepper to taste
- 1 tablespoon vegetable oil

Instructions:

1. Prepare the Peppers:

- Cut the tops off the bell peppers, remove the seeds, and carefully trim the bottoms if needed to make them stand upright. Rinse them thoroughly.

2. Parboil the Peppers:

- Bring a large pot of salted water to a boil.
- Submerge the peppers in the boiling water for about 3-5 minutes to slightly soften them. This will help them cook more evenly in the oven. Drain and set aside.

3. Prepare the Rice:

- Cook the rice according to the package instructions until it's just slightly undercooked. It will finish cooking in the oven.

4. Prepare the Filling:

- In a large mixing bowl, combine the ground pork (or beef), finely chopped onion, minced garlic, egg, breadcrumbs, cooked rice, salt, pepper, sweet paprika, and dried thyme or marjoram. Mix well.

5. Stuff the Peppers:

- Preheat the oven to 375°F (190°C).
- Stuff each pepper with the meat and rice mixture, pressing it down gently.

6. Prepare the Tomato Sauce:

- In a saucepan, heat vegetable oil over medium heat.
- Add tomato paste, crushed tomatoes, beef or vegetable broth, sweet paprika, salt, and pepper. Bring the sauce to a simmer and let it cook for about 5-7 minutes.

7. Arrange in a Baking Dish:

- Place the stuffed peppers in a baking dish.
- Pour the tomato sauce over the peppers, ensuring they are well-coated.

8. Bake:

- Cover the baking dish with foil and bake in the preheated oven for about 45-55 minutes or until the peppers are tender.

9. **Serve:**

- Once cooked, remove the stuffed peppers from the oven.
- Serve them hot, drizzled with some of the tomato sauce from the baking dish.

Enjoy your delicious homemade Stuffed Peppers! They are often served with a dollop of sour cream on top.