

## MEATS

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### STUFFED GREEN PEPPERS†

#### (GEFÜLLTE GRÜNE PAPRIKA)

- 4 green peppers (medium)
- 1 lb. ground beef
- 1/2 cup diced onion
- 1 egg (large)
- 3 tablespoons breadcrumbs
- salt, pepper, nutmeg
- 2 tablespoons oil
- 1 cup water
- 1 can diced tomatoes (14 1/2 oz.)

Slice the top of the peppers to make a lid and scoop out the seeds. Cut out the core of the pepper. (This will leave a small hole; however, the meat will not drain out of the pepper while it is cooking.) Carefully wash the peppers and set aside. In a bowl place the ground beef, diced onion, breadcrumbs, 1/2 to 3/4 teaspoon salt, 1/4 teaspoon nutmeg, pepper to taste and the egg and mix well. Fill the peppers with the mixture and place the lid on top. Heat the oil in a large frying pan with a lid. Add peppers and sauté 5 minutes. Add 1 cup water and the can of diced tomatoes, bringing them to a boil. Turn down the heat, cover the pan and simmer for 35-45 minutes. Carefully remove the peppers to a platter. Pour the remaining gravy through a sieve. Spoon some of the gravy over the peppers and serve with salad or rice. (Also serve the remaining gravy along with the peppers so additional gravy can be added to satisfy your taste.)

Serves 4

