

## RICE-STUFFED PEPPERS

Elise Kranc

Cooked brown rice or handful of uncooked white rice for each pepper	$\frac{1}{4}$ tsp citric acid
2 large onions lightly fried	1 bunch chopped coriander & parsley
1 large can of tomato paste	$\frac{1}{4}$ cup fresh mint or 1 tsp dried mint
	1 tsp salt
	1 tsp sugar

Mix together  $\frac{2}{3}$  fried onions, herbs,  $\frac{1}{3}$  cup of tomato paste. Add salt sugar and citric acid. Stuff lightly into small peppers of different colours.

For sauce reserve some of the parsley, coriander and mint. Add to tomato paste with  $\frac{1}{3}$  of the fried onions and an additional 1 tsp sugar, 1 tsp salt and  $\frac{1}{2}$  tsp citric acid. Add water and bring to a boil. Reserve about half the sauce. Place stuffed peppers in sauce and cook over medium heat. Pour reserved sauce over the peppers.