

“Punjene Paprike” Stuffed Capsicums

Serves a family of 5

Equipment List:

Medium bowl to prepare minced meat mixture
Peeler
Chopping board
Knife
Large cooking pot

Ingredients and method

In a medium bowl:

0.5 - 1 kg minced meat of choice

NOTE: I often use only beef, Traditional recipe calls for Pork&Beef mixed mince
(available from Coles!)

1 red onion diced finely

3 cloves garlic diced finely

Spices: salt, pepper, vegeta, Hungarian smoked paprika

1-2 eggs (depending on amount of meat)

1-2 handfuls of rice (I used Arborio)

Combine above ingredients with hands

In your cooking pot:

2 potatoes peeled, sliced and layered at bottom

1 - 2 carrots peeled and cut as preferred

Fill 1 - 2 red capsicums with meat mixture

Fill 4 - 5 light green bullhorn peppers (aka yellow sweet chilli) with meat mixture (available
at Woolworths)

Make up the rest of the mixture into meatballs and add to pot

Add water to cooking pot, enough to cover meatballs and capsicums

Add vegeta and pepper

2 Sachets of tomato paste (no added salt)

Allow to cook for 1 - 1.5 hrs

Use cold water and flour to create paste to thicken soup as preferred

(I used about 1/2 cup water + 1 heaped tbsp plain flour)

Traditionally served with mash potato as shown below

