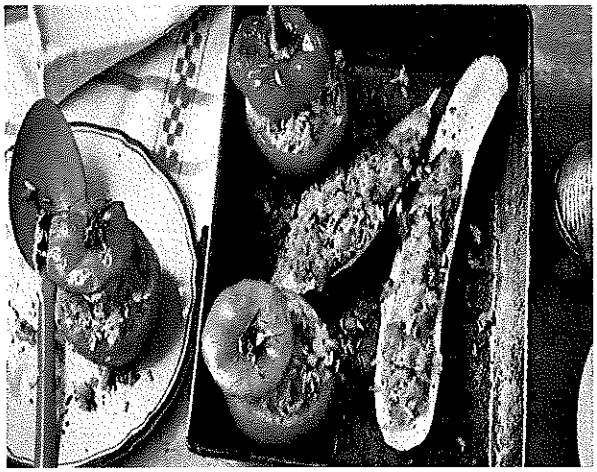
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Greek stuffed vegetables

Ingredients

- 1 green pepper
- 1 red pepper
- 1 yellow pepper
- 2 large tomatoes
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 2½ tbsp. tomato purée
- 200g/7oz long-grain rice, rinsed
- 140ml/6fl oz. vegetable stock
- 1 tsp dried oregano
- salt and freshly ground black pepper



Method

1. Preheat the oven to 160C/140C Fan/Gas 3.
2. Start by preparing the vegetables for stuffing. Cut the tops off the peppers and tomatoes to create lids, set the tops aside. Scoop out the pepper seeds and discard. Scoop out the tomato flesh and seeds and reserve.
3. In a large pan over a medium heat onion and garlic for 3–5 minutes until soft. Add the chopped vegetable flesh and the tomato purée. Cook for about 10 minutes until softened.
4. Add the rice vegetable stock, raise to a simmer and cook for 10 minutes, stirring occasionally. Season with salt and pepper and stir in the herbs
5. Arrange the vegetable shells on a roasting tin or ovenproof dish and spoon the rice mixture into them. Place the lids on the peppers and tomatoes.
6. Cover with foil and bake for 1 hour. Remove the foil and bake for another 15–30 minutes until the vegetables and rice are cooked.
7. Serve hot, warm or cold.