

## Stuffed Bell Peppers and two extras

### Ingredients:

2 eggs, beaten

2 big tomatoes – boiled, peeled, chopped; cooked at low heat with a little water and salt while making the stuffing mixture. This makes the sauce

1/2 pound good ground beef

1 clove garlic - minced

1/2 small onion - chopped

1 pinch oregano

1 pinch salt

1 small potato

2 small carrots

5 green bell peppers

Cooking oil

Cook the potato and carrots in boiling water until just done. Peel and cut them into very small pieces. Fry the onion, garlic, beef, salt, oregano, carrots and potatoes in a large frying pan.

Cook the bell peppers in the oven: wrap in foil, bake at 300° for ten minutes. Then peel them, and cut one side open to scrape the seeds out. Divide the cooked mixture to put inside the peppers.

Dip the stuffed bell peppers in the beaten eggs and fry them in hot oil.

Place in a low pan, large enough to hold them and pour the tomato sauce over them.

Serve with rice on the side.

You can also use this mixture for **stuffed cabbage**, except rice is included, not on the side.

Boil the head of cabbage about five minutes.

Remove from water and gently separate the leaves.

Mix the rice with the other ingredients and the same tomato sauce as above.

Put some stuffing in each leaf and wrap up. Carefully place in a wide pot, add the tomato sauce, simmer about 5 minutes and serve.

**Shrimp patties:** Use a few shrimp, rice, egg, flour, seasoning salt, garlic, mustard. Start chopping the shrimp and mix them with the others ingredients. Form into patties and fry them in hot oil. **How Long** These patties are good with salad or vegetables on the side.

Zoila Garcia, September, 2019