

# Stuffed peppers

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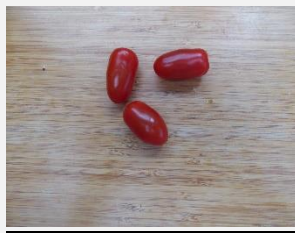
## Ingredients:



Large peppers



Rice



Small tomatoes



Sweetcorn



Cheese



Pasatta



Black olives



Black / black eye beans



Onion

## Method:

1



- Cut the tops off from 4 large peppers, remove all the seeds inside and place on a baking tray

2



- Pour all the other ingredients into a large bowl (except the passata sauce) and mix

3



- Add 1 cup of water to the mixture and then carefully spoon the mixture into the cut open peppers

4



- In a separate bowl mix the passata sauce with 5 cups of water and pour around the peppers in the baking tray. Pour a little over the peppers too.

5



- Leave in an oven at 160 C for 2 to 2.5 hours and then enjoy 😊