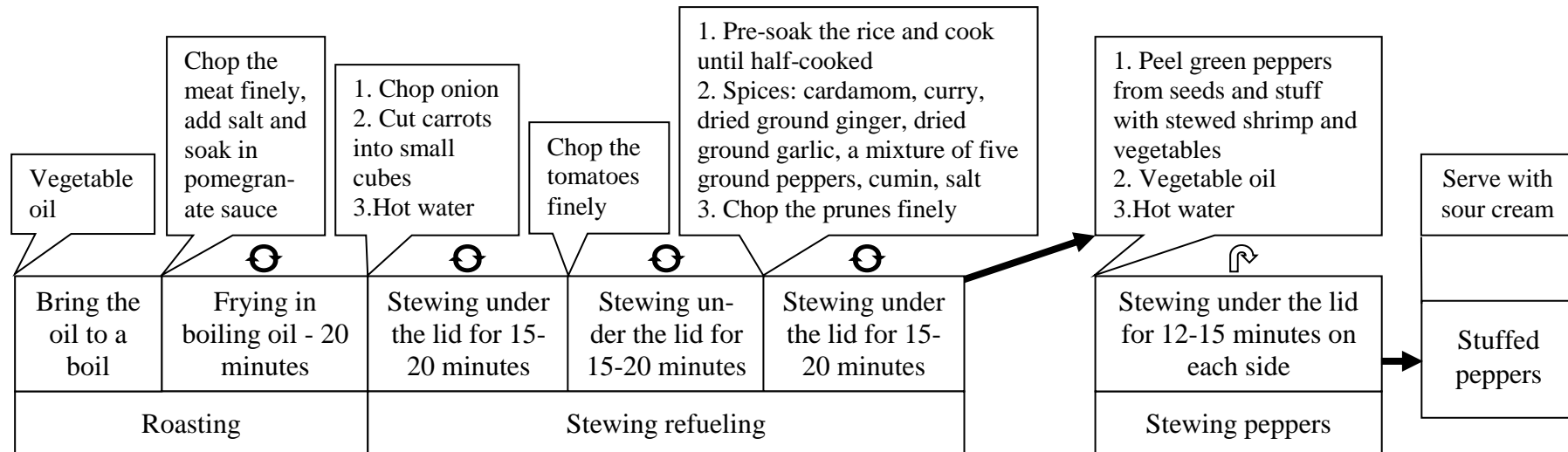


## Green pepper stuffed with meat and prunes "Amateur" (khurs.ru - 2015)



1. Chilled beef goulash – 0.8 kg
2. Carrots – 5-6 pcs.
3. Onion – 6-7 pcs.
4. Dried soft prunes – 250 g.
5. Green pepper – 18-20 pcs.
6. Rice is an incomplete glass
7. Vegetable oil – 150-200 g
8. Sour cream – to taste
9. Garnet sauce "Narsharab"
10. Cardamom
11. Curry
12. Dried ground ginger
13. Dried ground garlic
14. A mixture of five ground peppers
15. Zira
16. Salt – 1.5 tablespoons
17. Hot water

⊗ - mix

↺ - flip over



## Green pepper stuffed with meat and prunes "Amateur"



1. Chop the beef finely



2. Salt the beef



3. Take the pomegranate sauce "Narshar-ab"



4. Pour the beef with pomegranate sauce



5. Mix and soak beef with pomegranate sauce



6. Measure rice



7. Soak rice in water



8. Measure salt for cooking rice



9. Cook rice in salted will



10. Semi-finished rice is washed with cold water

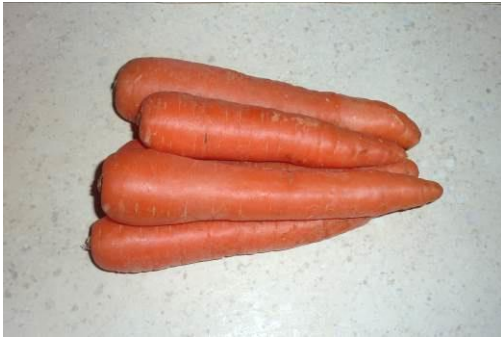


11. We take onions



12. We clean and cut onions with medium squares

## Green pepper stuffed with meat and prunes "Amateur"



13. Take carrots



14. Peel and cut carrots into small cubes



15. Take tomatoes



16. Cut tomatoes finely



17. Take dried pitted prunes



18. Chop the prunes finely



19. Take green peppers



20. Peel the green peppers from the seeds



21. We make up the proportions of spices



22. We measure salt for stewing vegetables



23. We take vegetable oil



24. We take sour cream

## Green pepper stuffed with meat and prunes "Amateur"



25. Pour vegetable oil into a kazan and bring to a boil



26. Put the meat in boiling oil



27. Fry the meat in boiling oil



28. Put the onion in kazan



29. Put the carrots in the kazan, add a little hot water



30. Stew vegetables under a lid on low heat



31. Mix the meat and vegetables



32. Put the tomatoes in the kazan



33. Mix the contents of the kazan



34. Stew meat and vegetables under the lid on low heat



35. Stew meat and vegetables without a lid on low heat



36. Put rice in a kazan

## Green pepper stuffed with meat and prunes "Amateur"



37. We put spices and salt in kazan



38. We put prunes in kazan



39. Thoroughly mix the contents of the kazan



40. Stew under the lid on low heat



41. The pepper dressing is ready



42. We stuff the peppers and put them in a saucepan



43. Pour vegetable oil into a frying pan, light the fire



44. We put the stuffed peppers in a frying pan



45. Stew stuffed peppers under a lid on low heat



46. Stew stuffed peppers periodically turning



47. We serve stuffed peppers on the table



48. Add sour cream to the stuffed peppers