

Stuffed peppers with legumes in tomato sauce

Cuisine: **Czech**
Food category: **Legumes**



Author: **Jan Malachovský**

Company: **Retigo**



Program steps

1

 Combination

 50 %

 Termination by time

 00:30 hh:mm

 160 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
green paprika	10	pcs
legumes - beans, peas, lentils	400	g
chickpeas	400	g
onion	100	g
salt	8	g
caster sugar	50	g
butter soft	50	g
tomato puree	1	kg
ground meat mix	500	g
honey	50	g
freshly ground black pepper, ground	0.5	g
parsley	50	g

Nutrition and allergens	
Allergens: 7	
Minerals: Ca, CA, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	503.5 kJ
Carbohydrate	59.4 g
Fat	15.9 g
Protein	22.9 g
Water	0 g

Directions

Cook legumes (beans, peas, lentils) and mix them with meat, chopped carrots, onions and parsley. Season with salt and pepper. We can also add herbs. Then we add cooked and mashed chickpeas, which binds the mixture together. Fill the cleaned green peppers with the resulting mixture.

Mix tomato puree or trade wind with sugar or honey. Season with salt and pour into a GN. Place the stuffed peppers and bake on the above program.

Recommended accessories



Enameled GN
container