RECIPE | PEPPERS

MIDDLE EASTERN KOFTA CASSEROLE

INGREDIENTS

55 min

10 min

PREP.

COOKING

11b Pure Flavor[®] Aurora Bites Mini Sweet Peppers, sliced into quarters lengthwise

For the Kofta: 1 Ib lean ground beef 1 cup fresh parsley, finely chopped 1 onion, finely chopped 1 tsp black pepper 1 tsp salt

For the tomato sauce: 1½ cups strained tomato sauce 1 cup hot water 1 bouillon cube 2 garlic cloves, crushed 1 tsp black pepper 1 tsp salt

Recipe created by Eaman Almalky

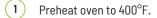
MINI-POIVRO

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EPPERSI

454 g | 1 lb

DIRECTIONS



2 In a large bowl, mix kofta ingredients and shape into 2" meatballs. Place and arrange the meatballs in a greased casserole dish and bake in the oven for 15 minutes until meatballs are slightly browned, but not cooked all the way through.

(3) In a small bowl, dissolve the bouillon cube in hot water then add the remaining tomato sauce ingredients and whisk together.

 Add sliced peppers on top of the kofta meatballs. Pour the tomato sauce over kofta meatballs and pepper.
Bake covered for 20 minutes, then remove cover and bake for another 5 minutes. Sprinkle with chopped parsley and enjoy! Optional: serve warm with rice of choice.



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