



## RECIPE | PEPPERS

# MIDDLE EASTERN KOFTA CASSEROLE



10 min  
PREP.



4



easy

55 min

45 min  
COOKING



## INGREDIENTS

Recipe created by Eaman Almalky

**1lb** Pure Flavor® Aurora Bites Mini Sweet Peppers, sliced into quarters lengthwise

### For the Kofta:

**1lb** 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



## DIRECTIONS

- 1 Preheat oven to 400°F.
- 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.
- 4 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.

