



## Nina's Ukrainian Stuffed Bell Peppers

### Ingredients:

2 yellow or white onions  
10-15 bell peppers of any color (10 large or 15 small)  
Olive oil  
2-3 carrots  
1 large can of tomato sauce  
2lbs of ground pork (chicken or beef can also be used)  
½ cup of slightly pre-cooked long grain white rice  
1 tablespoon of chopped parsley, dill or cilantro  
1 large egg  
½ tsp. sugar  
Salt and pepper

### Stuffing:

Chop and sautee one onion in olive oil until translucent. Mix with pork, egg, slightly pre-cooked rice, and garnishment of choice (parsley, dill or cilantro). Add sugar and season with salt and pepper to your liking. Add 4 tablespoons of tomato sauce.

### Peppers:

Cut the tops off of the peppers and hollow them out.

### Procedure:

Stuff peppers with stuffing and lay down into oven-safe dish so that the peppers can stand upright. Leave a bit of room at the top.

Sautee second chopped onion in olive oil and add shredded carrots. Sautee for an additional few minutes. Boil additional tomato sauce (amount depends on how much sauce you prefer for topping). Season to your liking. Add onion and shredded carrots to top of bell pepper and top with tomato sauce.

Pre-heat oven at 400 degrees and cook peppers for 30 minutes at 400 then one hour at 375 degrees.

Serve with shredded cheese and/or sour cream.

