

Hungarian Stuffed Peppers

This is a very simple and easy recipe of Hungarian stuffed red peppers with a mixture of ground pork, beef and rice spiked with lots of paprika. This is a very popular dish and I loved it when I was traveling throughout Hungary.



We just came back from a 2 week vacation in Europe which started in Prague and ended in Budapest with a river cruise in between the two cities. It was wonderful... we met lots of interesting, fun and knowledgeable people. We ate all the traditional food of the area and visited all the places that tourists go (of course).

When in Budapest we had a chance to eat at the Fanakal restaurant located at the Central Market. We ordered the sampler and I felt in love with the stuffed bell pepper, so now you know why this post is about...oh...while at the market I made sure to get the paprika...sweet, hot and smoked...since I did not know which one I would need.

The real Hungarian stuffed peppers use the paprika peppers which I could not find here so I substituted with the regular red bell pepper.

After we came back home I searched for recipes and I decided to use Peter's Food Adventures and Visit Budapest Travel.

So here it is...

Ingredients:

- 8 red peppers (mine were huge)
- 1 lb (450g) ground pork
- 7oz (190g) ground beef (or use all pork)
- 1 garlic clove, finely minced
- 1 small onion (I used red onion), diced
- $\frac{1}{2}$ cup rice, rinsed and drained
- 1 egg
- 1 teaspoon sweet paprika
- $\frac{1}{2}$ teaspoon hot paprika
- Salt and black pepper to taste
- 1 bay leave
- 1 tablespoon olive oil
- 1 tablespoon sugar
- 1 jar tomato sauce (I used Trader Joe's Organic Marinara

Sauce)

- 2 tablespoons all-purpose flour
- 1 tablespoons olive oil



Method:

In a medium bowl mix the ground pork, ground beef, garlic, onion, rice, salt, black pepper, sweet and hot paprika and egg. Set the mixture aside.

In the meantime, de-core the peppers and remove the seeds and

the membranes. Stuff the peppers with the meat mixture. Be sure to not over stuff as the rice will expand as it cook.

In a large skillet add 1 tablespoon of olive oil and place the stuffed peppers. Let is brown a little and cover with the tomato sauce. Add bay leave, sugar, salt and black pepper to taste and water to cover at least $\frac{3}{4}$ of the peppers. Stir the sauce gently until come to a boil. Cover and let it cook for 25 minutes.

Gently turn the peppers, cover, and cook for another 25 minutes.

In another pan under medium heat make the roux with the 2 tablespoons of olive oil and 2 tablespoons of flour. Mix until flour turns light brown.

Remove the stuffed peppers from the pan, add the roux in the tomato sauce and stir until the sauce is thick and smooth. Once the sauce boils, add the stuffed peppers back into the sauce. Cook for another minute and it is ready.

Garnish with fresh parsley and traditionally served with a dollop of sour cream.





If you enjoyed this easy and simple Hungarian inspired recipe, you might want to take a look at Charred Shishito Peppers recipe.



Did you know that paprika is a spice made with ground sweet pepper? Moreover, paprika contains large amount of antioxidant such as vitamin A, lutein and zeaxanthin which are beneficial for the health of your eyes.



***Thank you for visiting Color Your Recipes...have a
colorful week!***