

# Stuffed peppers with legumes in tomato sauce

Cuisine: Czech  
Food category: Legumes



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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