

Stuffed Peppers

Ingredients:

1. 5-6 peppers (any color) for stuffing
2. 1 large chopped onion
3. 3 cloves of garlic diced
4. 1 cup brown basmati rice
5. 1/2 bunch of parsley
6. 1 tomato chopped
7. 1/4 cup pomegranate molasses
8. 1 Tbs tomato paste
9. 15 ounce can of tomato sauce
10. Salt, pepper, paprika, cayenne pepper to taste

Directions:

Cook the rice as per directions

Pour 1/3 the tomato sauce on the bottom of a pyrex baking dish

Combine the the remaining ingredients and fill the peppers while reserving a bit of the tomato sauce to pour over the stuffed peppers before cooking.

Cover and bake at 375F about an hour

