

Stuffed Mixed Vegetables

Two of each small
eggplants, marrows, green
capsicums
1 lb mince steak
½ cup rice
2-3 Tbl chopped parsley
salt and pepper
1 tin peeled tomatoes
2 Tbl tomato paster
½ cup oil
water
1 large onion finely
chopped

In a bowl mix the steak, rice, parsley, salt, pepper and chopped onion and knead well for 2-3 minutes. Add ¼ cup of water and mix so that it is very soft.

Cut the tops off the eggplants, marrows ad capsicums, scoop out the inside of the vegetables, leaving about ½” flesh on them.

Discard what you have scooped out.

Wash and drain the casings. Stuff with the mixture tightly.

Heat the oil in a saucepan and fry the tomatoes for 1-2 minutes.

Add the paste and two cups of water and bring to the boil. Gently lower the stuffed vegetables into the boiling sauce, cover and simmer for 1 hour until the vegetables are cooked and the sauce is reduced and is rich and thick.

If you have some of the mixture left over, form into walnut size balls and drop into boiling sauce and let cook with the vegetables.

Source: Elya's Kitchen Delights Zorba's Restaurant, Canberra.