

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	50	g
tomato puree	1	kg
ground meat mix	500	g
honey	50	g
ground black pepper, ground	0.5	g
sprig of parsley	50	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.

Nutrition and allergens

Allergens: 7

Minerals: 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	495.3 kJ
Carbohydrate	59.5 g
Fat	15.9 g
Protein	22.9 g
Water	0 g

Recommended accessories



Enameled GN container