

# Stuffed Bell Peppers

## INGREDIENTS

- 2 bell peppers (capsicum, pahadi mirch)
- 2 1/2 potatoes (boiled, peeled and roughly mashed)
- 1 1/2 tsp salt
- 1 tsp cumin seeds (jeera)
- 3 tsp coriander powder (dhania)
- 1/2 tsp red chili powder
- 1/2 tsp mango powder (amchoo) 1/2 tsp garam masala)
- 1 Tbsp green chilli (finely chopped)
- 1 Tbsp oil (canola or vegetable)

## METHOD

1. Add all the spices to the mash potatoes to make filling – salt, cumin seeds, coriander powder, red chili powder, mango powder, garam masala, and green chilies.
2. Cut tops and bottoms of the bell peppers; discard seeds and membranes.
3. Stuff the bell peppers and slice them in half inch thickness by using sharp knife. It depends upon the size of bell peppers how many slices you will make.
4. Press them gently to make sure potatoes stays inside the bell pepper rings.
5. Heat the heavy flat bottom sauce pan on medium heat and generously grease the pan.
6. Spread the bell pepper rings into skillet, do not overlap. Cover the pan and let it cook for about 1-2 minutes.
7. Remove the cover and turn the rings gently and press them lightly to ensure potatoes stays into the bell pepper rings. Cover the pan to make sure bell peppers are cooked, make sure they are not mushy. Cook the bell peppers from each side till they are golden brown.
8. Stuffed bell peppers ready to serve.

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