



## FILLED MONSTER PEPPERS

### INGREDIENTS:

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- 4 peppers

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- 400 g minced meat

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- 4 tbsp tomato paste

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- 2 onions

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- 1 pinch of salt

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- 1 pinch of pepper

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- 1 pinch of marjoram

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- Oil for the pan

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### VEGETARIAN ALTERNATIVE:

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- Refined couscous for the filling

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Wash the peppers and remove carefully the lids. Carefully cut a zigzag pattern with a sharp knife. Do not throw the lids away, as they will be needed later.

Cut a Halloween grimace on one side of each bell pepper.

Preheat the oven to 200 degrees.

Chop the onions and put them in a pan with the minced meat and a little oil. Fry lightly. Add some salt and pepper.

After about 4 minutes, add tomato paste and marjoram to the pan. If necessary, add more salt and pepper.

Place the peppers in a casserole dish and fill the contents of the pan with the peppers. Put the lid of the peppers back on the vegetables.

Put the casserole dish in the oven and cook the peppers for about 20 minutes at 200 degrees. Then take the mould out of the oven and let the vegetables cool down a little.

Now the Monster are ready to enjoy!