

STUFFED EGGPLANT

Serving 4

INGREDIENTS:

4 eggplants
350 g minced beef
2 tomatoes
1 onion
2 green peppers
2 tablespoons tomato puree
1 bunch of fresh parsley
2 dl olive oil
salt
pepper

PREPARATIONS:

1. *Cut eggplant in half lengthwise, brush with olive oil and sprinkle with salt. Place in to the oven until they are well cooked and brown.*
2. *Finely chop onion, peppers and tomatoes.*
3. *Heat the oil in the pan add chopped onion and pepper, fry in oil, add minced meet and fry until brown.*
4. *Add chopped tomato and tomato puree and cook, stirring 5 minutes more.*
5. *Stir in the chopped parsley, season with salt and pepper, add some water and cook for a few minutes more.*
6. *Spoon in the filling on each eggplant (you can scoop out the seed part of each eggplant, but not to much) and place in to roasting pan.*
7. *Make a sauce from water, tomato puree and olive oil.*
8. *Bake in the oven (200 degrees) for 20-30 minutes.*