

Gemista – Greek Stuffed Tomatoes

Yield: 4 min
Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-greek-gemista-recipe>

Ingredients:

- 4 large tomatoes beefsteak tomatoes
- 4 bell peppers green or yellow
- 1 large yellow onion grated, or minced in a mini chopper
- 3 garlic cloves minced
- 3 tablespoons fresh dill finely chopped
- 3 tablespoons fresh parsley finely chopped
- 2 tablespoons fresh mint finely chopped
- 3/4 cup pine nuts
- 3/4 cup dried cranberries chopped, substitute with raisins
- 1 cup arborio rice
- 1 1/2 cups olive oil or as needed, do not skimp!
- salt
- pepper
- 1 tablespoon sugar or as needed
- 3 tablespoons breadcrumbs optional
- feta cheese unchecked?, optional, to serve

Nutrition:

1. Calories: 1200 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 5 milligrams
4. Fat: 101 grams
5. Fiber: 8 grams
6. Protein: 12 grams
7. SaturatedFat: 14 grams
8. Sodium: 330 milligrams
9. Sugar: 17 grams

Thank you for visiting our website. Hope you enjoy Gemista – Greek Stuffed Tomatoes above. You can see more 18 authentic greek gemista recipe Get ready to indulge! to get more great cooking ideas.