

Gemista (Greek Stuffed Vegetables)

Yield: 4 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-stuffed-vegetables-recipe>

Ingredients:

- 3 beefsteak tomatoes
- 3 green bell peppers
- 1 large red onion quartered
- 3 cloves garlic
- 3 tablespoons olive oil
- 2 tablespoons tomato paste
- 1 eggplant peeled and cut into 1-inch cubes
- 1 zucchini cut into 1-inch cubes
- 1 dried oregano
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 cup arborio rice
- 1/2 cup chicken stock
- 2 tablespoons pine nuts
- 2 tablespoons golden raisins
- 3 tablespoons fresh mint minced
- 3 tablespoons fresh parsley minced
- 3 Yukon Gold potatoes medium, cut into thick fries
- 1 cup warm water
- 1/2 cup olive oil
- 2 tablespoons tomato paste

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 88 grams
3. Fat: 41 grams
4. Fiber: 15 grams

5. Protein: 15 grams
 6. SaturatedFat: 5 grams
 7. Sodium: 810 milligrams
 8. Sugar: 15 grams
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