

# Biber Dolmasi - Turkish Stuffed Peppers

Yield: 12 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-biber-dolmasi-recipe>

## Ingredients:

- 12 green peppers small, or 6 large
- 12 tablespoons rice 1 tablespoon for each pepper
- 1 large onion chopped finely
- 4 cloves garlic chopped finely
- 1 tomato medium-sized, chopped finely
- 1 1/2 tablespoons tomato paste
- 1/4 cup parsley chopped
- 1 tablespoon dried mint
- 1 teaspoon black pepper
- 1/2 teaspoon paprika
- 1 1/2 teaspoons salt
- 1 tablespoon lemon juice
- 1/4 cup olive oil
- 5 cherry tomatoes to top the filling in peppers\*
- 6 slices lemon for garnish, optional
- 2 tablespoons olive oil
- 2 tablespoons tomato paste
- 2 cloves garlic mashed
- 2 teaspoons dried mint
- 2 cups hot water divided

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 13 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 2 grams

6. SaturatedFat: 1 grams
  7. Sodium: 340 milligrams
  8. Sugar: 4 grams
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