**meat stuffed vegetables ( dolma )**

½ kg minced meat

2 red bell peppers

2 green bell peppers

2 zucchinies

2 onions

1 tomato

2 tbsp rice

1 tbsp tomato paste

2 teaspoon salt

1 teaspoon blackpepper

½ cup olive oil

dill

Remove stems and seeds from bell peppers, peel zucchini, cut lengthwise to two equal pieces, scrab inner tissues to two mm thickness. Be careful not to break holes at the bottoms. Wash and drain.

Mix meat, roughly chopped onion and tomato, add rice, salt, pepper and chopped dill, stuff bell peppers and zucchini loosely, place in a saucepan. Stir tomato paste with olive oil, add one cup boiling water, pour over vegetables, cook for about half an hour to forty five minutes over medium heat. Add boiling water if needed.