S T U F F E D B U L G U R

Ingredients
3 kilos of eggplant
1.5 cups of coarse bulgur (one and a half cups)
4 tablespoons vegetable oil
2 bunch parsley
4 red bell peppers
3 green bell peppers
2 large onions
1 tablespoon of pepper molasses
tablespoon tomato molasses
150 ml pomegranate molasses (cup)
5 tablespoons olive oil
1 mint
Teaspoon salt
Half a teaspoon of black pepper
Half a teaspoon of mixed spice
3 tomatoes
100 grams of chickpeas (cup)
100 grams of meat
200 grams of fat
tablespoon walnut
For the stuffed broth:
3 tablespoons tomato molasses
2 heads of garlic
Juice of 4 lemons (3/4 cup)
tablespoon salt
two liters of water
2 tablespoons dry mint

Directions

To prepare the bulgur: Roast the bulgur in oil, then pour it into a bowl and add chopped parsley, red pepper (finely chopped), chopped green pepper, chopped mint, chopped onion, black pepper, Aleppo spice (or mixed spice), salt, tomato molasses , pepper molasses, tomato (squeezed), meat (great, and do not put meat), pomegranate molasses, chickpeas (soaked the night before and boiled half-boiled, and you add it without boiling), olive oil, walnuts (chopped), and then we mix the ingredients well . To prepare the stuffing: we dig out the eggplant pieces (you must leave a little eggplant pulp while digging), then we stuff the eggplant pieces in the filling.
To prepare the broth: In a bowl, put tomato molasses, garlic (finely crushed), lemon juice, salt, water, dry mint, then stir all the ingredients. Application stage: In the cooking pot we put the fat pieces, then the stuffed eggplant, then put the broth, then we raise the pot over a high heat and leave it until boiling, and after boiling we put the fire on the quiet and close the pot and leave it again for 45-60 minutes, and then it becomes The stuffing is ready.

C H E F O M A R

Bon Apetit!