



LEBANON

DINNER

PRINTABLE RECIPE PDF

Lebanese Mahshi

Mahshi, meaning 'stuffed' in Arabic, is a beloved dish in Lebanon and various Middle Eastern countries. It reflects the resourcefulness of home cooks who use

PREP

30 min

COOK

90 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 4 medium zucchini - hollowed out
- 4 medium bell peppers - tops removed and seeds discarded
- 1 cup rice - short-grain or medium-grain, rinsed
- 1 cup ground beef or lamb - optional for non-vegetarian version
- 1 large onion - finely chopped
- 2 cloves garlic - minced
- 1 cup fresh parsley - chopped
- 1 tsp cinnamon - ground
- 1 tsp cumin - ground
- 1/2 tsp salt - to taste
- 1/2 tsp black pepper - to taste
- 1 cup tomato sauce - for cooking
- 2 tbsp olive oil - for sautéing

WHY THIS WORKS

About this recipe

A printable Lebanese Mahshi recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Mahshi, meaning 'stuffed' in Arabic, is a beloved dish in Lebanon and various Middle Eastern countries. It reflects the resourcefulness of home cooks who use seasonal vegetables and leftover ingredients to create

SHOPPING LIST

Ingredients continued

- 1 cup water - to add to the cooking pot

ORIGIN & TRADITION

Mediterranean context

Mahshi, meaning 'stuffed' in Arabic, is a beloved dish in Lebanon and various Middle Eastern countries. It reflects the resourcefulness of home cooks who use seasonal vegetables and leftover ingredients to create comforting meals that are often served during family gatherings and festive occasions.

METHOD

Step-by-step instructions

1

In a skillet, heat olive oil over medium heat. Sauté the chopped onion until translucent, then add minced garlic and cook for an additional minute until fragrant.

2

In a large bowl, combine the sautéed onions and garlic with rice, parsley, ground meat (if using), cinnamon, cumin, salt, and pepper. Mix well to combine all ingredients.

3

Carefully stuff the hollowed-out zucchini and bell peppers with the rice mixture, leaving some space at the top for the rice to expand while cooking.

4

In a large pot, spread a thin layer of tomato sauce on the bottom. Arrange the stuffed vegetables upright in the pot. Pour the remaining tomato sauce and water over the stuffed vegetables.

5

Cover the pot and bring to a simmer over medium-low heat. Cook for 60-75 minutes, until the rice is fully cooked and the vegetables are tender.

CHEF'S TIP

To enhance flavor, let the Mahshi rest for at least 15 minutes after cooking before serving, allowing the juices to settle.

NUTRITION PER SERVING (EST.)

Calories	320 kcal	Fat	12 g
Protein	10 g	Fiber	5 g
Carbohydrates	45 g	Sodium	300 mg

SERVING SUGGESTION

Serve warm with a side of yogurt and a fresh salad of tomatoes, cucumbers, and herbs for a balanced meal.

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