Stuffed Zucchini

Grocery List

* 3 Zucchinis, halved lengthwise

**S A U C E**

* ½ Yellow Onion, diced
* 2 cloves Garlic, chopped
* 540ml can diced Tomatoes
* ¼ C E.V. Olive Oil
* Sea Salt, Black Pepper
* ¼ tsp. Sugar

**R I C E S T U F F I N G**

* 1 Heaping C long grain White Rice
* 2 ½ C low sodium Vegetable Stock
* 1 medium Red Onion, diced
* 3 cloves Garlic, chopped
* 2 Roma Tomatoes, seeded and diced
* 1 C Canned White Beans, drained and rinsed
* ¼ C chopped Fresh Parsley
* 2 Tbsp. chopped Fresh Rosemary
* Sea Salt / Black Pepper
* ¼ C E.V. Olive Oil
* 1 Tbsp. Unsalted Butter

**T O P P I N G**

* 2 Tbsp. Panko Bread Crumb
* 2 Tbsp. Grated Parmesan
* Dried Parsley

Prep Time: 30 Min

Cook Time: approx. 1 hr 10 Min



1. Preheat oven to 375 F
2. Halve the zucchinis and scoop out the fleshy pulp using a teaspoon and reserve. Place the zucchini halves in a shallow baking dish and drizzle with olive oil. Cover with tinfoil and bake for 15 – 20 Minutes. Remove and set aside to cool.
3. \*SAUCE\* In a small saucepan, heat to medium and add the olive oil and yellow onions, stir and add a pinch of sea salt. Fry for 4 or 5 minutes. Add the chopped garlic and fry another 3 minutes. Pour in the can of tomatoes, ½ tsp. Black pepper, 1 tsp. Sea Salt, and the sugar. Stir and bring to a boil on medium. Reduce to low, cover until rice is ready.
4. \*RICE\* In a large frying pan, start heating the oil and butter on medium heat. Add in the red onion and a pinch of sea salt. After 4 minutes add in the chopped garlic and fry another 3 or 4 minutes.

Next, add in the rice and stir everything to combine. Continue stirring the rice often and slightly brown the rice (about 6 or 7 minutes). Add in the diced tomatoes and white beans and another pinch of salt. Cook for another 3 or 4 minutes.

Pour in the stock, fresh herbs, and about ½ tsp. Black Pepper and 1 Tsp. Sea Salt. Bring to a boil on medium high. Once boiled, reduce heat to low medium, cover, and cook for approximately 12 minutes. Stir in the reserved zucchini pulp (chopped) and cover for another 8 – 10 minutes.

1. Remove the rice from the heat and reserve half the rice mixture for a side dish. Stir in just over a cup of the prepared tomato sauce into the remaining rice mixture.
2. Scoop the tomato rice mixture evenly into the 6 halves of the zucchini.

\*\*If you decide to top the finished zucchini with a drizzle of the sauce, keep it covered on low heat. Otherwise, transfer it to a Tupperware container and refrigerate.

1. In a small bowl, combine the parmesan, panko, and a few dashes of dried parsley. Sprinkle the mixture over all of the zucchini halves.
2. Bake at 375 F uncovered for 15 minutes.
3. Serve immediately with reserved rice and sprinkled with fresh parsley.