



STUFFED TOMATOES

INGREDIENTS

8 Large Tomatos
1 lb Mild Italian Sausage
1 Cp White Rice
2 Cps Water
1 can Tomato Paste
1 Large Onion, med dice
4 Cloves Garlic, minced
Fresh Basil, chopped
Fresh Oregano, chopped
Salt & Pepper
1 Tbl Olive oil
1 Small Bag of Shredded Mozerella

DIRECTIONS

Tomato Preparation:

Lay the tomato on it's side and slice off the top being sure to cut below the stem as evenly as possible. If your tomato does not stand well you can slice a thin layer off the bottom to help stabilize it. Use a melon baller to scoop out the insides leaving a nice even layer of tomato inside. Try to remove all of the seeds and mushy stuff. Tomatoes tend to seep liquid so placing a paper towel into each tomato while they await stuffing is beneficial. Set aside & dice tomato innards for the sauce.

Rice Preparation:

In a sauce pan combine 1 cup rice and 2 cups water bring to a boil. Reduce heat cover and simmer 20 minutes. Once complete add 2-3 spoons of the sauce and mix in.

Sauce Preparation:

In a large skillet over high heat add 1 tablespoon of olive oil, when completely hot brown 1 lb of sausage. Strain sausage. Add the oil you strained out of the sausage back into the pan. Place pan back on the high heat, add onions. Once the onions are turning golden add the garlic and oregano and cook 2-3 minutes. Stir in tomato paste and cook for 2-3 minutes. Add in tomatoes, basil (hold back a small amount for topping later) and a small amount of water. Stir in the sausage and simmer until thick. Meat should be thoroughly covered, but sauce should NOT be runny.

Stuffing the Tomato:

Preheat oven to 350. Spray baking dish with spray oil. Remove paper towel. Sprinkle the inside of each tomato with salt & pepper. Add a large spoonful of the rice mixture spread it evenly inside the tomato. Add a layer of mozzarella. Add a large spoonful of the meat sauce. Top with mozzarella. Place the tomato top back on and set in baking dish. Bake at 350 for approximately 30 minutes until tomatoes are soft. Garnish with fresh basil.