

# BEEF & BULGAR STUFFED ZUCCHINI

## INGREDIENTS

- 6** Zucchini (medium) (about 1/2 lb each)
- 1 T** Olive oil
- 1** Onion (small) (chopped onion) (about 1 cup)
- 1 T** Garlic (chopped)
- 1/2 lb** Beef (lean) (ground)
- 2 t** Cumin (ground)
- 1 t** Coriander (ground)
- 1/4 t** Red pepper flakes
- 1 can** Tomatoes (14.5 oz) (No-salt-added diced tomatoes strained & juice reserved - 1 C juice)
- 1 C** Bulgur (cooked) (plus 1/3 C uncooked)
- 3 T** Currants (dried)
- 3 T** Pine nuts (toasted in a dry skillet over a medium-high flame for 2 minutes)
- 1/4 C** Parsley (leaves) (chopped)
- 1/2 C** Tomato sauce (low-sodium)
- 1/2 t** Salt (optional)



## DIRECTIONS

- 1** Pre-heat oven to 375 F & cut each zucchini in 1/2 crosswise
- 2** Using a melon baller, carefully scoop out zucchini flesh, leaving about 1/4 inch flesh intact on all sides & leaving zucchini closed at the bottom of each half
- 3** Reserve zucchini flesh for another use, or discard.
- 4** Heat oil in a heavy skillet over medium-high heat
- 5** Add onions & cook, stirring, until they are soft and translucent (3 minutes)
- 6** Add garlic & cook for 2 minutes more
- 7** Add ground beef, cumin, coriander & red pepper flakes
- 8** Cook until meat is just done and no longer pink (4-5 minutes)
- 9** Add bulgur, diced tomatoes & currants & cook (2 -3 minutes)
- 10** Remove from heat & stir in pine nuts & parsley
- 11** Let mix cool slightly (5 minutes)
- 12** Using a small spoon or clean hands, gently stuff zucchini halves with beef-bulgur mix
- 13** Place zucchini halves in a 9 by 13-inch glass baking dish
- 14** Combine reserved tomato juice, tomato sauce & salt & pour over zucchini
- 15** Cover tightly with foil & place in oven & bake (20minutes)
- 16** Remove from oven, uncover & rotate zucchini
- 17** Re-cover & return dish to oven & bake (20 -25 minutes) OR until zucchini is cooked through but still slightly firm
- 18** Place 2 zucchini halves on a plate & serve with 3 T tomato sauce

## NOTES

This recipe is for 6 servings