

Stuffed Zucchini

I make this every summer, as my zucchini are very prolific, and the large ones get away on me! I add a variety of things, depending on what I am growing or have in my kitchen.

1 very large zucchini - cut in half lengthwise and with a spoon scrape out the soft part and seeds.

1 lb ground meat (beef or pork)

$\frac{1}{2}$ onion, chopped

1 clove of garlic, smashed

6-8 mushrooms, sliced

$\frac{1}{2}$ cup sliced celery

3 carrots, small cubed (optional)

1 cup chickpeas (optional)

1 cup corn (optional)

1-2 cups cherry tomatoes or chopped tomatoes

3 cups cooked rice

2 cups grated cheddar

$\frac{1}{2}$ cup chopped basil

$\frac{1}{2}$ cup chopped parsley

2-3 Tbsp Worcestershire sauce

1 tsp Tabasco if you like some heat



1. Find a glass baking dish big enough for the zucchini and stuffing - it will squish in when it is partially cooked. Drizzle some olive oil in the dish. Place the cut, prepared zucchini cut side down in the baking dish. Bake at 350F for 20 minutes, or until it is starting to get softer.
2. Meanwhile in a pan, brown the meat. Add the onions, celery & carrots and cook for 5 minutes. Now add the other vegetables and cook a further 3-5 minutes until hot and starting to cook the mushrooms.
3. Place the hot meat/vegetable mixture together with the herbs, rice, seasonings, and half of the cheese. Turn the zucchini so that they are ready to stuff. Drain any extra liquid from the dish. Scoop the mixture into the zucchini and top with extra cheese.
4. Bake at 375F for 20-35 minutes until hot, cooked, and yummy!