

## **3 MEATS STUFFED VEGETABLES**

### **Ingredients**

- 2 tablespoons extra virgin olive oil
- 1/4 cup chopped onion
- 1 minced garlic clove
- 1 lb ground beef
- 1 lb ground chicken
- 1/2 lb ground Italian sausage meat (no casing)
- 2 cups marinara sauce (homemade or jarred with no added sugar!)
- Shredded whole milk mozzarella
- Parsley, sea salt, pepper, oregano to taste

### **Instructions**

1. Heat olive oil over medium heat. Saute garlic and onion till soft.
2. Add meat and cook through. Either cooking together or in batches works well. Just make sure to drain most of the grease before you add the tomato sauce.
3. Add spices as desired.
4. Fill your vegetable vehicle and top with cheese.
5. Butter or drizzle olive oil into shallow baking dish.
6. Bake at 400 degrees for about 20-25 minutes until warmed through and cheese is melted.
7. Makes enough stuffing for 4-6 vehicles.

## **VEGETABLE VEHICLE PREP**

### **PEPPERS**

1. Remove seeds and membranes from peppers and rinse well.
2. Fill a large pot with an inch or so of water and top with a steamer.
3. Bring water to a simmer, add peppers and cover.
4. Steam for about 10 minutes or until tender-crisp. (If you don't have a steamer, just place them in a couple of inches of water in the pan, bring to boil, reduce to simmer, and cook till soft)
5. Drain peppers.
6. Fill with stuffing of choice and top with cheese. Butter or drizzle a bit of olive oil in bottom of shallow baking dish and bake at 400 degrees till warmed throughout and cheese is melted.

### **EGGPLANT**

1. Cut in half, lengthwise. Carefully scoop out as much of the flesh as possible, without puncturing the bottom skin.
2. Brush inside with a little bit of olive oil.
3. Bake in shallow pan, with a little water in the bottom, at 400 degrees for about 20 min or till soft.
4. Put eggplant flesh in medium pan with water and bring to boil. Reduce heat, simmer, and cover till soft; about 20 minutes. Smash up and add to filling.
5. Fill the eggplant halves with filling, top with cheese.
6. Butter or drizzle some olive oil in shallow baking dish and and bake at 400 degrees for about 20 min until warm throughout and cheese is melted.

### **POTATO**

1. Bake potato till soft.
2. Cut open down middle, scoop out potato flesh.
3. Fill 'er up!
4. Top with cheese and bake at 400 degrees in shallow, buttered, baking dish till cheese melts and stuffing is hot.

### **ROMAINE LETTUCE LEAVES**

1. Select the largest leaves possible; combine two together if needed.
2. Lay flat on plates and fill with desired stuffing.
3. Top with cheese and/or sliced avocado.