

BEEF & RICE STUFFED TOMATOES

INGREDIENTS

ITEM	QUANTITY
Large Firm Tomatoes	2
Lean Ground Beef	1 Lb.
Cooked White Rice	1 Cup
Chopped Spinach	½ Cup
Chopped Chives	2 Tbsps.
Chopped Parsley	2 Tbsps.
Dried Oregano	1 Tsp.
Smoked Paprika	½ Tsp.
Salt	½ Tsp.
Black Pepper	¼ Tsp.
Grated Parmesan	2 Tbsps.
Olive Oil	1 Tsp.

SERVING SIZE **1 STUFFED TOMATO HALF**

PREPARATION

- Preheat the oven to 375°F.
- Slice the tomatoes in half and carefully scoop out the centers.
- Heat olive oil in a skillet over medium heat.
- Add ground beef and cook until browned and fully cooked.
- Stir in spinach, chives, parsley, oregano, paprika, salt, and pepper.
- Remove from heat and stir in cooked rice and Parmesan.
- Spoon the beef mixture into the tomato halves.
- Place in a baking dish and bake for 20-25 minutes, until the tomatoes are tender.

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