Stuffed Zucchini

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Servings: 6 to 10

This is a wonderful recipe for that huge zucchini that went unnoticed because it was hidden beneath the leaves in the garden. I actually try to grow/get some zucchini extra large so that I can use this recipe. The zucchini should be at least 16 inches long and 6 inches in diameter. The following ingredients will vary according to the size of the zucchini.

Ingredients:

1 very large, overgrown zucchini
1 1/2 to 2 cups rice, cooked (Brown or white)
1 pound GrassRoots Meats ground beef (or ultra lean grass-finished ground beef substitute)
2 to 3 tablespoons soy sauce (or to taste)
6 to 8 green onions, chopped up, including green stems
2 to 3 eggs, beaten

Instructions:

Cut the zucchini lengthwise down the middle. Core the interior, leaving about 1/2 to 3/4 inch along the sides. Cut up the insides into 3/4 inch chunks; set aside.

Brown the ground beef in a little olive oil.

Place zucchini halves in large baking dish or sheet cake pan(s).

In a large bowl combine rice, ground beef, chunks of zucchini, soy sauce, green onions and eggs. Spoon into the zucchini halves, cover loosely with foil.

Bake at 350 for at least 1 hour, or until a fork pierces the sides of the zucchini easily. Remove the foil for the last 10 to 15 minutes of baking.

Slice and serve. Delicious with fried wontons dipped in sweet and sour sauce.