

# Stuffed Tomatoes



1. Preheat oven to 350°C

2. In a large pot add

Water	1 cup
Brown Rice	$\frac{1}{4}$ cup

3. Bring to a boil. Reduce heat to low and cover for 45 minutes.

4. Wash your tomato, then cut the tops off and gently scoop out the pulp and put aside for later use.

Tomato, large	1
---------------	---

5. . In a large bowl mix together:

Brown rice, cooked	$\frac{1}{4}$ cup
Canola oil	1 tbsp
Onion, finely chopped	$\frac{1}{4}$ cup
Celery, finely chopped	1 stock
Parsley, finely chopped	1 tbsp
Basil, finely chopped	1 tsp
Salt and Pepper	to taste
Cheese	1 tbsp or slice
Add pulp from inside the tomato	

6. Use a spoon to fill the tomato with the rice mixture.

7. Bake in oven for 20-25 minutes.

## Tips:

- Add any vegetables from your fridge or freezer.
- Use a pepper instead of tomato.
- To make into a meal add  $\frac{1}{4}$  cup of black beans.