

On The Cheat Stuffed Tomatoes

A quick and easy way to stuff your tomatoes and roast your potatoes.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 15 mins

Cooking time: 90 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Tomato raw (includes cherry, grape, roma)	5 medium – 2 3/5" diameter
Near east rice pilaf 1panish rice 6.75 ounce paper box.	172 grams
Potatoes (raw, skin)	5 skins
Tomato sauce	5 tablespoons

Instructions

- 1) Wash and dry your fresh organic tomatoes.
- 2) Cut a cap from the top of the tomatoes (see photo).
- 3) Scoop out the innards from the tomatoes and place them into a bowl.
- 4) Use a hand blender to blend all the pericarp (tomato innards).
- 5) Add the spices that make your taste buds sing! I like to add Turmeric, Cumin, a wee bit of salt, a dash of ground Rosemary, some Thyme, some black pepper, Lots of Oregano, and some Paprika.
- 6) Open the package of the Spanish Pilaf (use 1/4 of the spice packet. It has too much salt. Save the other 3/4 for later use). You may also use about a cup of your own rice. Mix the rice with the pericarp and spice ingredients. Mix well for a few minutes.
- 7) Then scoop the mixture into the empty tomato shells. (If you have any rice leftover, place it at the bottom of the pan.)
- 8) Peel (if inclined) and wedge your potatoes for roasting; place them into the roasting pan with the tomatoes.
- 9) Mix about 1/2 cup of water and 1/2 cup of tomato paste/sauce and pour in the bottom of the pan.
- 10) Add spices on top of tomatoes and potatoes.
- 11) Use a pan with a lid or cover in foil wrap.
- 12) Bake at 350 for about 1.15 hours. Then take off the lid for the last 15 minutes of the bake.
- 13) Serve with a light salad, some olives, and garlic bread. Play some wonderful music, Light some candles!

14) Sit down, relax, enjoy this oil-free, gluten-free, delicious, and easy to prepare meal.