

STUFFED ZUCCHINI

4 large zucchini
About 1/2 pound Italian sausage
About 1/2 pound ground beef
1 red bell pepper, diced
1 green bell pepper, diced
1 onion, diced
4-5 cloves garlic, finely chopped
Salt and pepper
Red wine
Fresh basil, chopped
Romano cheese



Slice zucchini in half lengthwise and parboil the by placing the halves in a large pot of boiling water for 10-15 minutes, or until it's tender when pierced with a fork. Drain and set aside to let it cool. While the zucchini is cooling, brown the sausage and ground beef in a skillet with bell peppers, onions, garlic, and salt and pepper to taste. Once the sausage has browned, add 3-4 tablespoons of red wine to the pan and let it simmer for 5 minutes. Add basil and stir.

Scoop out the seeds and flesh of the zucchini with a spoon, leaving enough of a shell for stability. Fill the zucchini with the sausage mixture.

Bake on a baking sheet at 375 for about 10-15 minutes. If zucchini is still warm, you may omit this step.

Grate Romano cheese over the top Sprinkle with the fresh basil to garnish.

Recipe courtesy of Karly Kimbel Vardaman, www.KitchenPsycho.com