



Summer Stuffed Tomatoes

directions

1. Preheat oven to 350 degrees.
2. In a heavy skillet over medium heat brown Swaggerty's Farm sausage until browned. Break up sausage into smaller pieces as you cook. Drain on paper towel.
3. With a sharp knife, cut about 1/2 inch off the top of each tomato. Core tops and bottoms of tomatoes and discard cores.
4. Using a metal spoon scoop the pulp, juice and seeds from each tomato. Put 1/2 of pulp and juice into a medium size mixing bowl. Set aside the remaining to freeze for using later in another recipe.
5. Drizzle a bit of olive oil into a baking dish and add cored tomatoes.
6. Into the mixing bowl with the pulp and juice add the rice and sausage and mix together.
7. Add basil, parsley, and Parmesan cheese and blend well.
8. Divide Sausage-Rice mixture evenly between all for tomatoes. Add tomato tops and drizzle with a bit more olive oil. Sprinkle with extra Parmesan cheese over all.
9. Bake for 20 minutes or until mixture is hot in the center and cheese is melted.

notes

These stuffed tomatoes can be prepared ahead of time and baked when you are ready to serve. You can prepare and cover up to 8 hours ahead of time.

The summer is of course the best time to make this deliciously simple recipe using homegrown or tomatoes from a Farmer's Market.

If you have a bumper crop of bell peppers this mixture would also be terrific stuffed and baked in them as well.

Look for the pre-cooked rice in your supermarket. Uncle Ben's® makes the one we used, but there are other brands as well. You can also buy pre-cooked rice in the frozen food section of most supermarkets. You can also cook your own rice if you aren't pushed for time.



4

servings

15 min

prep time

25 min

cook time

ingredients

1/2 lb Swaggerty's Farm roll sausage

1 pkg (8.8oz) Pre-cooked Rice (Uncle Ben's® Ready Rice type)

4 Lg. ripe, but firm tomatoes

Olive oil

1/2 tsp garlic powder

1/4 cup chopped fresh basil leaves, or 1 1/2 tbsp dried

2 tbsp chopped fresh parsley, or 1 tbsp dried

1/2 cup shredded or grated Parmesan cheese plus extra 2 tbsp for topping

Salt & black pepper to taste

Pairs well with: Fresh salad of cucumbers and radishes

Special Kitchen Tools: N/A