

Greek Stuffed Tomatoes

- 8 large Tomatoes
- 3 teaspoons olive oil (divided into 2 tsp & 1 tsp)
- 1 tablespoon balsamic vinegar, NO sugar added
- 2 teaspoons Italian seasoning
- 1 1/2 teaspoons
- Himalayan sea salt (divided into 1/2 tsp & 1 tsp)
- 1/2 large onion (diced finely)
- 2 cloves garlic (minced)
- 1 lb ground beef
- 1/4 teaspoon black pepper
- 12 oz cauliflower rice



1. Preheat the oven to 375 degrees F. Line or grease a baking dish.
2. Slice the tops off the tomatoes. Scoop out the flesh & transfer it into a large blender. Remove as much flesh as possible without puncturing the exterior skin.
3. Place the tomatoes, cut side up, onto the baking dish with the "lids" on top or next to them. Set aside.
4. Add balsamic vinegar, Italian seasoning, 2 tsp olive oil, & 1/2 tsp sea salt to the blender. Blend until smooth. Set aside.
5. Heat the remaining 1 tsp olive oil in a large sauté pan over medium heat. Add the chopped onions and sauté for about 10 minutes, until browned.
6. Add the minced garlic and sauté for about a minute, until fragrant.
7. Add the ground beef. Season with sea salt and black pepper. Increase heat to medium-high. Cook for about 10 minutes, breaking apart with a spatula, until browned and cooked through.
8. Add the cauliflower rice and tomato pulp mixture, including liquid. It will be very liquid, almost like soup. Increase heat to high to bring to a simmer. Simmer, stirring occasionally, for about 10 minutes, until the liquid reduces, and you end up with beef and cauliflower rice in tomato sauce. The cauliflower rice should be soft. Adjust sea salt and pepper to taste.
9. Pat the insides of the tomatoes with paper towels to get rid of extra moisture. Stuff the beef/cauliflower mixture into the empty tomatoes in the baking dish. Place the tomato "lids" on top.
10. Cover the stuffed tomatoes with foil and bake for 30 minutes. Uncover and bake for 15-20 more minutes, until tomatoes are soft and puckered on the edges.

Serving Size = 3 ounces of ground beef