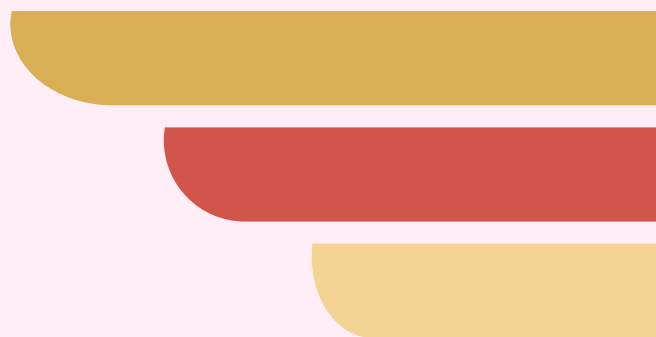


FROM THE KITCHEN OF GLORIA MANCIA

STUFFED TOMATOES

NWA FARMERS' MARKET ALLIANCE

4-6 LARGE TOMATOES
1/2 LB GROUND BEEF
1 TBSP OLIVE OIL
1/4 CUP ONION, DICED
1 CUP CARROTS, DICED
1/2 TSP GARLIC POWDER
1 TSP BOUILLON PASTE
SALT TO TASTE



- 1** PREHEAT THE OVEN TO 350 DEGREES F.
- 2** HEAT OLIVE OIL IN A SKILLET OVER MEDIUM HEAT. ADD BEEF, ONIONS, CARROTS, GARLIC POWDER, BOUILLON, AND SALT. COOK UNTIL THE BEEF IS NO LONGER PINK.
- 3** DRAIN FAT, AND SET ASIDE.
- 4** CUT A THIN SLICE OFF THE TOP OF EACH TOMATO. SCOOP OUT PULP, LEAVING A 1/2 INCH SHELL.
- 5** STUFF TOMATOES WITH THE PREPARED MEAT MIXTURE.
- 6** PLACE IN A BAKING DISH AND BAKE FOR 12 MINUTES OR UNTIL TOPS ARE GOLDEN BROWN.