

# Beef-Stuffed Tomatoes

*Paula Macri - Paula's Bella Cucina  
Scripps Treasure Coast Newspapers*

*8 large tomatoes  
1 pound ground round steak  
2 teaspoons tomato paste  
2/3 cup rice  
1 medium sweet onion, finely chopped  
3 tablespoons extra-virgin olive oil  
2 tablespoons celery, chopped  
2 tablespoons parsley, chopped  
salt (to taste)  
pepper (to taste)  
seasoned bread crumbs*

Preheat the oven to 350 degrees.

In a skillet, brown the onion and round steak in olive oil. Add the tomato paste, two cups of hot water, celery, parsley, salt, pepper and the rice. Cook for approximately 15 to 20 minutes, stirring occasionally.

Wash the tomatoes. Cut a thin slice off the tops of the tomatoes. Scoop out the pulp.

When the meat mixture has finished cooking, stuff each tomato with the meat mixture. Sprinkle the top of each tomato lightly with the bread crumbs. Drizzle some olive oil over the tops of each tomato.

In a baking dish that has been buttered on the bottom, place the tomatoes. Add any remaining mixture around the tomatoes.

Bake in the oven for approximately one and one-half hours or until the tomatoes are tender and browned.

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Per Serving (excluding unknown items): 1066 Calories; 45g Fat (36.6% calories from fat); 19g Protein; 156g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 201mg Sodium. Exchanges: 6 1/2 Grain(Starch); 11 Vegetable; 8 Fat.

Beef

**Per Serving Nutritional Analysis**

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% Calories from Fat:	36.6%
% Calories from Carbohydrates:	56.5%
% Calories from Protein:	6.9%
Total Fat (g):	45g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	31g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	0mg
Carbohydrate (g):	156g
Dietary Fiber (g):	15g
Protein (g):	19g
Sodium (mg):	201mg
Potassium (mg):	2685mg
Calcium (mg):	126mg
Iron (mg):	11mg
Zinc (mg):	3mg
Vitamin C (mg):	211mg
Vitamin A (i.u.):	6807IU
Vitamin A (r.e.):	677 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	196mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	0
Vegetable:	11
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 1066                      Calories from Fat: 390

### % Daily Values\*

<b>Total Fat</b> 45g	69%
Saturated Fat 6g	31%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 201mg	8%
<b>Total Carbohydrates</b> 156g	52%
Dietary Fiber 15g	61%
<b>Protein</b> 19g	
<b>Vitamin A</b>	136%
<b>Vitamin C</b>	351%
<b>Calcium</b>	13%
<b>Iron</b>	60%

\* Percent Daily Values are based on a 2000 calorie diet.