

Meat Stuffed Eggplant and Squash Recipe

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Stuffed Squash and Eggplant "Ablama"

Serves: 4-6

Difficulty: Medium

Prep Time: 1 hour

1 lb ground beef
1 cup chopped onion
6-8 Mexican squash
4-6 small Italian eggplant
1 16oz can tomato sauce
1 tsp salt
1/2 tsp black pepper
2-3 tbs olive oil
1/4 tsp garlic powder
1/4 tsp cayenne pepper

Wash eggplant and squash, cut off tips. With a corer, core out the squash. For the eggplant, peel off some of the skin alternating like a zebra. Preheat oven to 450 degrees, spray egg plant and squash with olive oil spray or drizzle with olive oil and bake on a baking sheet for 15 minutes, turning over half way through cooking, set aside and let cool. In a saute pan preheat it at medium heat and add olive oil and onions, cook onions for 4-5 minutes. Next add ground beef, salt and black pepper and cook to brown meat, about 10 minutes on medium heat, after cooking set aside and let cool. Cut slit in eggplant and stuff with browned meat, next stuff squash, place them in a deep dish cooking dish, cover with tomato sauce and sprinkle with some salt, black pepper, cayenne pepper and garlic powder and cook in 450 degree oven for 20 minutes. Serve with rice.