Dinner

Baked Tomatoes Filled with Rice and Herbs

Ripe beefsteak tomatoes are hollowed out and filled with rice simmered in stock with plenty of basil and mint. A drizzle of olive oil and time in the oven leaves them tender with a savory, herby filling.



Nut free

50 min	240	27 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 cup arborio rice or calrose rice
- [ ] 1 cup homemade chicken stock, low-sodium chicken stock, or water
- [ ] 4 whole beefsteak tomatoes
- [ ] 4 tbsp extra virgin olive oil (divided use)
- [ ] 1/4 cup fresh basil (minced)
- [ ] 1/4 cup fresh mint (minced)
- [ ] 1/8 tsp unrefined sea salt
- [ ] 1/4 tsp black pepper (freshly ground)

Method

- [ ] 1 Preheat the oven to 350°F.
- [ ] 2 Put the arborio rice or calrose rice and the chicken stock or water in a saucepan and bring to a boil over high heat.
- [ ] 3 Cook, stirring constantly, for 20 minutes, until the rice is tender but still firm, stirring in extra water 1/4 cup at a time if it starts to stick. Set the cooked rice aside.
- [ ] 4 Meanwhile, wipe the beefsteak tomatoes and remove the stems without tearing the skin. Rest them stem side down and cut a thin round from the opposite end to use as a lid.
- [ ] 5 Scoop out the flesh with a melon scoop, keeping the skins intact, and reserve the pulp and juice.
- [ ] 6 Chop the pulp and stir it into the juice. In a bowl, fold this into the cooked rice with 3 tbsp of the extra virgin olive oil, the fresh basil, fresh mint, unrefined sea salt, and black pepper.
- [ ] 7 Fill the hollowed tomatoes with the rice mixture and cap each one with its lid. Stand the filled tomatoes lid side up in a greased baking dish.
- [ ] 8 Drizzle with the remaining 1 tbsp extra virgin olive oil and bake for 20-30 minutes, until the tomatoes are cooked through. Serve hot or at room temperature.

Nutrition Facts

Per serving

Calories	240
Total fat	14 g
Saturated fat	2 g
Sodium	115 mg
Total carbs	27 g
Fiber	3 g
Total sugars	5 g
Protein	4 g

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