

# Couscous Stuffed Tomatoes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: ½ stuffed tomato

Ingredients	Quantity	Measure
Tomatoes, Beefsteak, large, cut in half	4	each
Olive oil, divided	3	Tbsp.
Garlic, minced	2	cloves
Shallot, minced	1	each
Carrot, ½ inch dice	1	each
Couscous, Pearl	1	cup
Vegetable stock	2	cups
Cilantro, finely chopped	¼	cup
Mint, finely chopped	¼	cup
Zucchini, seeded, small dice	1	each
Ras el Hanout Blend (Moroccan Spice- see recipe)	1	Tbsp.
Salt	1	tsp.
Black pepper	½	tsp.

## Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Prep tomatoes: cut in half, and scoop out seeds and inside of tomato, drain, chop and set aside.
3. Use one tablespoon of olive oil to brush hollow tomatoes.
4. Heat the remaining two tablespoons of olive oil in a 4 qt. saucepan on medium to high heat.
5. Add garlic and shallot and cook for two minutes or until soft.
6. Add carrots and cook for three minutes more. Add couscous and toast two minutes.
7. Add vegetable stock. Bring to a boil. Reduce heat, cover and simmer until couscous is tender for 12-15 minutes.
8. Stir in cilantro, mint, Ras el Hanout, zucchini, salt, pepper and chopped tomato.
9. Spoon mixture into hollow tomatoes and bake for 20 minutes.
10. Serve warm.

## Nutrition Information \*From USDA Nutrient Database

Calories: 186 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 4g Total Sugar: 8g Protein: 6g Sodium: 498mg Vitamin A: 95µg Vitamin C: 19mg Calcium: 47mg Iron: 1mg Folate: 51µg



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