

Stuffed Sausage Boats Recipe

prep: 30 mins | **cook:** 30 mins | **total:** 60 mins

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yield: 8 zucchini boats

An easy and fun dinner of zucchini with a meat stuffing. My kids love helping make these and I love that they are an easy and healthy meal idea!

Ingredients

- 1 lb ground sausage or ground beef
- 4 medium zucchini
- 2 TBSP coconut oil
- 1 onion
- 1 bell pepper
- ¼ cup roasted red peppers, chopped (optional)
- 2 eggs
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp basil
- ½ tsp thyme
- ½ cup shredded cheese or sour cream

Instructions

1. Preheat oven to 375°F.
2. Wash zucchini and put into a large pot of water. Do not peel, cut, or remove ends.
3. Bring to a boil and boil for about 10 minutes until somewhat tender.
4. While the zucchini is boiling, dice the onion and bell pepper.
5. Heat the oil in a large skillet and saute onion and bell pepper for about 5 minutes.
6. Add the ground meat and cook until browned, then remove from heat.
7. Once the zucchini are cooked, cut in half lengthwise and scoop out the seeds. Do not discard the seeds, but add them to the meat and veggie mixture.
8. Place the zucchini on large baking sheet.
9. Add the roasted red peppers and the eggs to the somewhat cooled meat mixture and stir well.
10. Evenly divide the meat mixture among the zucchini boats.



11. Top each with the shredded cheese if desired.

12. Bake for 25-30 minutes or until well heated and cheese starts to bubble. Enjoy!

Notes

Make extra and wrap them up to be reheated for breakfast or lunch on-the-go.

courses: main

cuisine: american

Nutrition Facts

Serving Size 1 zucchini boat

Amount Per Serving

Calories 219

	% Daily Value
Total Fat 14.9 g	23%
Saturated Fat 7.9 g	40%
Cholesterol 96 mg	32%
Sodium 449 mg	19%
Total Carbohydrates 3 g	1%
Dietary Fiber 0.7 g	3%
Sugars 1.2 g	
Protein 17.8 g	36%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Recipe by Wellness Mama® at <https://wellnessmama.com/5565/stuffed-zucchini-sausage-boats/>