## **Stuffed Sausage Boats Recipe**

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

author: katie wellsyield: 8 zucchini boats

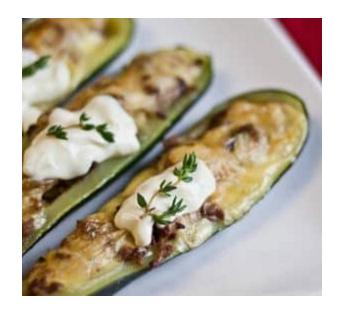
An easy and fun dinner of zucchini with a meat stuffing. My kids love helping make these and I love that they are an easy and healthy meal idea!

## **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.



1 of 3 9/22/2018, 11:57 AM

- 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

2 of 3 9/22/2018, 11:57 AM

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%
<b>Total Carbohydrates</b> 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 valu calorie needs.	es may be higher or lower depending on your

Recipe by Wellness Mama® at https://wellnessmama.com/5565/stuffed-zucchini-sausageboats/

3 of 3 9/22/2018, 11:57 AM