



STUFFED ZUCCHINI BY TETA EM ABED

Nutrition Facts per 100 grams of marrow: Calories 146, Protein 5g, Carbs 9g, Fat 10g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 60 min



INGREDIENTS

Stuffed Marrow (1 KG)

Organic Broth

Tomato Paste

Apple Cider Vinegar

Honey

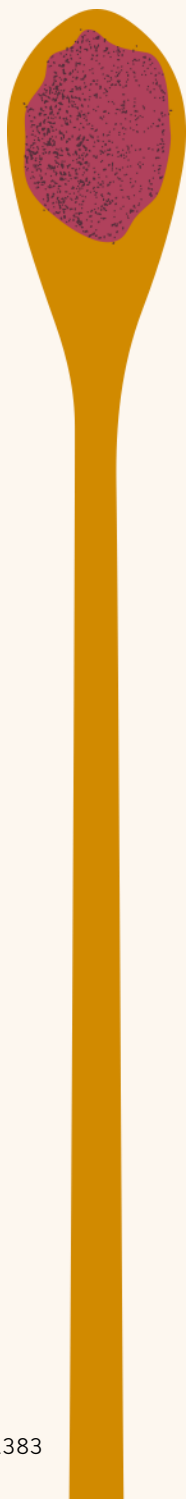
Garlic

Onion

Virgin Olive Oil

METHOD

1. Dissolve each broth cube in 2 cups water (500 ml).
2. Place a large pot over medium heat, add olive oil and swirl to heat.
3. Add onions and sauté stirring until just golden.
4. Add garlic, cook 30 seconds.
5. Mix vinegar & honey until homogeneous, add to pot.
6. Add the dissolved broth & bring to boil.
7. Add stuffed zucchini & bring back to boil, reduce heat to low and simmer uncovered 45 minutes.
8. Add the tomato paste and stir to combine, bring back to boil and simmer 30 minutes longer uncovered, or until tender.
9. Remove from heat, rest 5 minutes & serve.



BON APPETIT