

# RECIPE OF THE WEEK: PALEO EDITION

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## Sausage Stuffed Tomatoes

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### Ingredients:

6 large tomatoes that are very firm  
1 lb sausage, nitrite/nitrate-free  
6 mushrooms, sliced  
1 medium yellow onion, chopped  
fresh cilantro

### Instructions:

1. Preheat oven to 350F
2. Over medium-high heat, brown onions, sausage, and mushrooms together in a skillet.
3. While the above is cooking, cut the tops off the tomatoes. Spoon out the middle and add to the skillet.
4. Once onions, sausage and mushrooms are cooked, drain fat and residual moisture from pan.
5. Spoon mixture into tomato cups
6. Bake for 10-15 minutes
7. Sprinkle with fresh cilantro

### Recipe Details:

1. Approximate cooking time: 30 mins
2. Makes dinner for two, with leftovers for lunch
3. Also great as a side dish

Compliments of [paleoplan.com](http://paleoplan.com)

