



**Add Two Beef Sticks to Kick Up Its Nutrition and Flavor**

### **Spicy Stuffed Veggies with Tomato Sauce**

*Rainbow of colorful veggies flavored with jalapeno sausage*

- 1 medium yellow squash, halved
- 1 medium eggplant, halved
- 1/2 Tablespoon lemon juice
- 1/2 Tablespoon olive oil
- 1 red onion, peeled, chopped
- 1 cup chopped fresh mushrooms
- 2 garlic cloves, minced
- 1 cup mixed colors chopped sweet bell peppers
- 2 (one ounce) sticks PaleoValley beef sticks with jalapenos, sliced
- 1 large tomato, seeded, chopped
- 1 teaspoon thyme
- Salt; ground black pepper to taste

1 Tablespoon grated Parmesan cheese or  
Nutritional Yeast Seasoning, optional  
2 Tablespoons small cilantro leaves

**Tomato Sauce:**

1 cup natural non-salted tomato sauce  
1/4 teaspoon (each) ground cumin; chili powder; dried oregano  
1/8 teaspoon (each) garlic powder; onion powder  
1/4 cup 100% cranberry pomegranate juice

**Before Starting:** Preheat oven to 400 degrees F.

**Prepare the Vegetable Shells:** Cut the squash and eggplant in half lengthwise; remove pulp, discard any large squash seeds, leaving ¼ inch thick shell. Lightly brush inside of shells with lemon juice; set shells and pulp aside.

**Sauté Vegetables:** Coat a large nonstick skillet with oil; sauté onion and mushrooms until tender, about 4 to 5 minutes; add garlic, cook for 1 minute. Add the sweet peppers and sausage slices; cook about 4 minutes or crisp tender. Stir in tomatoes, squash meaty interior, eggplant pulp, and thyme. Cook until hot; season with salt and black pepper.

**Bake Stuffed Vegetables:** Divide the vegetables mixture between the vegetable shells; sprinkle lightly with grated Parmesan cheese. Place on baking sheet. Bake in preheated 400-degree F oven for about 20 to 25 minutes or shells are tender.

**Prepare Tomato Sauce:** In a small microwave safe bowl, stir together all sauce ingredients. To warm sauce before serving, cook in microwave oven at high power for 30 seconds to 1 minute or until hot.

**To Serve:** Arrange stuffed vegetables on serving plates; Sprinkle with small cilantro leaves; serve with warm tomato sauce.

Yield: serves about 2 to 3

**Cook's Note:** The stuffed veggies can also be served using other vegetable shells such as zucchini. We also like to add a red cabbage salad with lemon dressing as a side dish when we serve this recipe.

**About the Recipe:** This vegetable dish gets a powerful boost from the beef stick slices, adding some proteins, vitamin B, zinc, and phosphorus. The beef stick slices provide a light peppery jalapeno flavor to the vegetables that teams well with the chili spiced tomato sauce. Prepare the cut veggies ahead. Then pop it in the oven for an easy supper.