

Baked Stuffed Tomatoes

Ingredients

- 100 grams ground beef
- 2 medium sized tomatoes
- 1 serving Melba toast crumbs
- 1 tablespoon onion, finely minced
- 1 clove garlic, crushed and minced
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- Cayenne pepper to taste
- Sea salt and pepper to taste

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

23 grams protein

9 grams fat

215 calories

Directions

1. Hollow out the tomatoes, sprinkle with salt, and turn upside down to drain for 10 minutes.
2. Brown ground beef in a small frying pan; add onion, garlic and spices.
3. Pack ground beef mixture into tomatoes, add small amount of water to bottom of dish.
4. Top with Melba toast crumbs and salt, and bake in 350 degree oven for 20 minutes.
5. Garnish with fresh parsley and serve.



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