



# STUFFED TOMATOES

## EQUIPMENT:

OVEN  
SAUTE PAN  
BAKING SHEET  
KNIFE & CUTTING BOARD

## INGREDIENTS:

1 FL.OZ. OIL	2 OZ. PEARLED BARLEY
8 OZ. MUSHROOMS	4 OZ. HHF HUMMUS
2 OZ. DICED ONIONS	6 ROMA TOMATOES
	2 OZ. BREAD CRUMBS
	SALT AND PEPPER

## METHOD:

### FIRST

COOK THE PEARLED BARLEY IN SALTED BOILING WATER FOR ABOUT 10 MINUTES OR UNTIL TENDER. ALLOW TO COOL AND RESERVE.

### SECOND

CHOP THE MUSHROOMS UNTIL VERY FINE. THIS WILL NOT LOOK PRETTY, BUT IS NECESSARY TO COOK OUT ALL OF THE WATER. SAUTE THE MUSHROOMS IN THE OIL UNTIL ALL OF THE WATER HAS EVAPORATED AND THEY LOOK DRIED OUT. ADD THE DICED ONIONS AND SAUTE UNTIL TRANSLUCENT. ALLOW TO COOL AND RESERVE.

### THIRD

CUT THE ROMA TOMATOES IN HALF LENGTHWISE FROM TOP TO BOTTOM. USING A SPOON, SCOOP OUT THE SEEDS FROM THE TOMATOES. MIX THE SAUTEED MUSHROOMS AND ONIONS WITH THE COOKED BARLEY AND HUMMUS. ADD 3/4 OF THE BREAD CRUMBS AND SEASON TO TASTE.

### FOURTH

SCOOP THE STUFFING INTO THE TOMATOES AND PLACE ON A BAKING SHEET. ONCE ALL FILLED, SPRINKLE THE REMAINING BREADCRUMBS OVER THE TOMATOES. PLACE IN A PREHEATED 375 DEGREE OVEN UNTIL GOLDEN BROWN ON TOP. THIS SHOULD TAKE ABOUT 10-15 MINS. SERVE HOT AND ENJOY!