

## MAIN DISH

# LAMB STUFFED ZUCCHINI

### INGREDIENTS :

- 4 medium zucchini
- 1 (28 ounce) can chopped tomatoes with juice
- 1 (14.5 ounce) can tomato sauce
- 2 tablespoons tomato paste
- 3/4 cup water
- 1/4 teaspoon ground cinnamon
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 3 cloves minced garlic
- 1 pound ground lamb
- 1/2 cup pine nuts
- 1/2 cup Soda Rock Zinfandel
- Salt and pepper
- Parsley

### NOTES :

Recipe by Chef Donna Parsons  
Pair with: Soda Rock "Postmaster"  
Zinfandel

**WILSON ARTISAN**  
— WINES —

Prep time:

30 min

Cook time:

60 min

Servings:

4-6



### DIRECTIONS :

Preheat oven to 375°F. Trim both ends and rinse the zucchini. Using a long thin knife, remove the insides of the zucchini.

Season the lamb with salt, pepper, cinnamon and pine nuts. Distribute the meat evenly inside each of the hollow zucchini.

Combine tomatoes with juice, tomato paste, 1/4 cup water, and 1/2 cup Zinfandel in a large, oven-safe Dutch oven. Bring to a simmer over medium heat; cook until thick, about 20 minutes.

Heat 1 tablespoon of olive oil in a small skillet. Stir in onion and garlic, cook until tender. About 5 minutes. Combine cooked onion and garlic mixture to tomato sauce. Place stuffed zucchini in simmering tomato sauce. Cover pot and place in preheated oven. Cook about 1 hour. If the sauce is thin, simmer on the stove top until desired consistency.

To serve, slice and arrange on a platter. Pour tomato sauce over the zucchini and garnish with parsley.