

# Beef Zucchini Boats

10 in 10 approved and your family will love it. Enjoy!

xoxo,

Kristin

- Preheat oven to 350 degrees Fahrenheit. Pour 1/2 cup pasta sauce in a large glass baking dish and set aside.
- Make the zucchini boats. Cut bottom and top off the zucchini and then cut in half lengthwise. Using a spoon, hollow out the center of the zucchini halves, leaving about 1/4-1/2 inch shell. Place flesh side up in glass baking dish.
- Place a large sauté pan over medium heat. Once it gets hot, about 30 seconds, add in ground beef, breaking it up with a spoon. Sauté 4-5 minutes until browned. Add in diced tomatoes, Italian seasoning, and 1 cup pasta sauce. Stir to combine and remove from heat once incorporated.
- Stuff the zucchini boats with the beef dividing it up equally, about 1/2 cup per each boat. Cover pan with foil and bake for 30 minutes until zucchini is cooked through, but still has some firmness. Top with optional toppings and enjoy!

Recipe from:

<https://eatthegains.com/whole30-italian-beef-zucchini-boats/>