

Lebanese Koosa (Stuffed Squash)

By Pawpew

INGREDIENTS

7 -8 yellow squash or zucchini (Koosa)
1 cup rice (Basmati Preferred, White rice will work)
1 1/2 lbs ground lamb
1 (15 ounce or 1/2 quart canned) tomato sauce
1 (14 1/2 ounce or 1/2 quart canned) diced tomatoes
2 garlic cloves
1 small onion
black pepper
1/2 teaspoon allspice
lemon juice
1 pinch mint
1 teaspoon salt
3 tablespoons olive oil
water

DIRECTIONS

Cut stems from squash and scoop out seeds. Because of the small size of the squash, you may twirl a knife in the flesh to scrape the seeds. The most effective method is to take a flat handle silver spoon and use the handle end to scrape out the seeds.

Heat olive oil in pan over medium heat.

Slice onion and add to hot olive oil.

Let fry for about 3-5 minutes while you make the stuffing.

In a large bowl, combine lamb, rice, and spices. The best method is to get in it with your hands and just smoosh and mix without any sort of utensils.

Add cans of tomato sauce and diced tomato to the onions.

Stuff squash with mixture. Leave about a half inch to a quarter inch of room at the end as the rice will expand. Also, do not pack too tightly as the expanding rice will break the squash.

Add the stuffed squashes, standing up to a pan that has taller sides.

Chop the garlic cloves into fine pieces and sprinkle between the squash in the pan.

Add water to just cover the squash and let simmer over medium heat for 40 minutes.

Squeeze fresh lemon juice over squash and sprinkle a pinch of mint.

Allow to cook another 10 minutes or so.

****Note**** Always test the filling to make sure the rice is fully cooked.