

# Spicy beef stuffed apples

## Ingredients

1 lb lean ground beef  
4-8 apples (sweet brand)  
2 sweet yellow onions  
1 tsp salt  
1 ½ tsp paprika  
½ tsp GastroChef's all-purpose seasoning  
1 tomato, diced  
¼ cup SCD legal chicken broth (homemade)  
1 tsp curry powder  
¼ tsp cayenne pepper  
2 tsp garlic, minced  
Cilantro and parmesan (garnish)

## Directions

1. Preheat oven to 350F
2. Dice 1 of the onion and tomato until you form small cubes
3. In a small bowl or mortar and pestle combine salt, paprika, curry powder, cayenne, and all-purpose seasoning
4. In a skillet or wok cook beef until it has started to brown, remove any excess fat if your meat is not that lean
5. Add in onions and garlic on medium-low heat and cook until the onions begin to go translucent
6. Add spice mixture, SCD legal chicken broth and tomatoes
7. Allow mix to simmer until most of the liquid has disappeared
8. While meat cooks, peel skin off apples and chip off the top
9. Using a melon baller or small spoon, hollow out apple ensuring not to puncture the sides
10. Scoop beef mixture into apples just up to the top and place into an oven proof dish or pan
11. Using the 2<sup>nd</sup> onion, cut some circles for garnish and mince the cilantro
12. Top apples with onion and a sprinkling of parmesan
13. Bake for 20-25 minutes
14. Remove from oven, garnish with fresh cilantro or herb preference and serve immediately