

Pretty-in-the-Pan Stuffed Patty Pan Squash

Yield: 3 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/patty-pan-squash-indian-recipe>

Ingredients:

- 11 patty pan squash
- 1 zucchini sliced in half with one half scooped out
- 1 carrot large
- 1 green onion large, stalk, or 1/2 sm. sweet onion will work
- 1 cup brown rice short grain
- 2 cups vegetable bouillon or a bit more if necessary
- 2 garlic cloves poked with a fork
- 3 tablespoons tomato paste approx
- 1 1/2 tablespoons Earth Balance or margarine/butter of choice
- 2 sea salt
- ground black pepper Freshly
- fresh parsley or Dried, to garnish, optional
- ground black pepper Freshly, to garnish, optional