

**STUFFED MARROW (COUSA MAKHSHI)** 8 portions**INGREDIENTS**

- 2000 grams of marrow, raw
- 250 grams of beef, ground, regular, raw
- 3 cups of rice, white, short-grain, enriched, uncooked [600 g]
- 500 grams of tomatoes, red, ripe, raw, year round average
- 10 grams of mint, fresh
- 50 grams of parsley, fresh
- 150 grams of onions, raw
- 3 tablespoons of oil, olive [33 g]
- 50 grams of garlic, raw

COOKING METHOD

- 1° 1. Wash the marrow, hollow out the marrow and then keep aside. 2. Mix all the remaining ingredients all together. 3. Stuff each marrow with the mixture until 3/4 of each marrow. 4. Arrange them in the skillet in a way that all the marrow are close to each other without keeping spaces. Cover with water and close. 5. Then start boiling lower the heat and cook till marrow are soft. 6. Open and serve with yogurt with sprinkle of dry mint.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (455 g)	% DRI
ENERGY	101 kcal	458 kcal	23 %
FAT	3 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	20 %
CHOLESTEROL	5 mg	21 mg	7 %
SODIUM	7 mg	31 mg	1 %
CARBOHYDRATE	16 g	72 g	24 %
SUGARS	2 g	8 g	-
FIBER	1 g	4 g	14 %
PROTEIN	3 g	13 g	-