

Roasted Beefsteak Tomatoes with Corn Soufflé



Makes:

8 servings

Utensil:

11" Large Skillet with Cover
small mixing bowl
large mixing bowl

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Recipe:

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Directions:

1. Cut a thin slice off the top of each tomato. Scoop out and reserve pulp. Sprinkle inside of tomatoes with ½ teaspoon salt and ¼ teaspoon pepper. Invert tomatoes on paper towels to drain.
2. In a small bowl, combine the flour, sugar, baking powder and remaining salt and pepper. In a separate large bowl, combine eggs, cream, corn and butter. Stir egg mixture into dry ingredients. Mix to combine.
3. Spoon mixture into tomatoes. (Note: mixture will be soupy but will thicken when cooked.)
4. Arrange stuffed tomatoes in skillet. Cover and turn temperature to medium heat. When the Vapo-Valve™ begins to click, turn heat to low and cook for 30 minutes or until a knife inserted near the center of corn soufflé comes out clean.
5. Sprinkle each stuffed tomato with parsley before serving.

Tips:

- When scooping out the pulp from the tomatoes, be careful not to puncture the skin of the tomato as the soufflé mixture will run through.
- Store reserved tomato pulp in refrigerator for use in homemade pasta sauce, soups, or other recipes that call for tomatoes as an ingredient.

[Nutritional Information per](#)

▼ Serving

Calories: 153

Total Fat: 8g

Saturated Fat: 4g

Cholesterol: 72mg

Sodium: 382mg

Total 18g

Carbs:

Dietary Fiber: 3g

Sugar: 9g

Protein: 5g