

## &#8220;1956&#8221; Stuffed Onions: A Retro Recipe Worth Trying

This recipe serves 4 and requires about 20 minutes of prep time and 1 hour of cook time.



**OVEN**  
**350°F**

**TIME**  
**20 min**

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### INGREDIENTS

- 4 large onions
- 1 pound ground beef (or turkey for a lighter option)
- 1 cup cooked rice
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 egg
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 1 can (15 oz) tomato sauce

### DIRECTIONS

- 1.** Prepare the : Onions: Begin by peeling the onions and cutting off the tops. Carefully hollow out the insides using a spoon, leaving a thin layer of onion to hold the shape. Save the onion insides for the filling.
- 2.** Make the : Filling: In a large bowl, combine the ground meat, cooked rice, breadcrumbs, Parmesan cheese, egg, minced garlic, oregano, and the reserved onion insides. Season with salt and pepper. Mix until well combined.
- 3.** Stuff the : Onions: Generously fill each hollowed onion with the meat mixture, pressing down gently to pack it in. Place the stuffed onions upright in a baking dish.
- 4.** Add : Sauce: Pour the tomato sauce over the stuffed onions, ensuring they are well coated. Cover the dish with aluminum foil.
- 5.** Bake: Preheat your oven to 350°F (175°C) and bake the onions for 45 minutes. Remove the foil and bake for an additional 15 minutes to allow the tops to brown.

### TIPS FOR SUCCESS

**Choose the Right Onions:** Opt for large, firm onions that can hold their shape during cooking.

Vidalia or yellow onions work wonderfully.

**Experiment with Spices:** Feel free to add your favorite herbs and spices to the filling.

A pinch of cumin or smoked paprika can elevate the flavor profile.

