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Stuffed Chard With Fresh Marinara

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Ingredients

- 1 pounds beef, lean ground, 90%-lean
- 1/2 cup(s) bread crumbs, fine, dry, plain
- 2 medium shallot(s), minced, divided
- 1 1/2 teaspoon Italian seasoning, dried, divided
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper, black ground, divided
- 8 slice(s) Swiss chard, fresh, 8 large leaves, stems removed
- 14 ounce(s) broth, reduced-sodium chicken
- 1 tablespoon oil, olive, extra virgin
- 1/4 teaspoon pepper, red, crushed
- 28 ounce(s) tomatoes, crushed
- 1/2 cup(s) cheese, Parmesan, freshly shredded, (optional)

Preparation

1. Gently mix beef, breadcrumbs, 1 tablespoon shallot, 1/2 teaspoon Italian seasoning, garlic powder and 1/4 teaspoon pepper in a large bowl until just combined. Divide the mixture into 8 oblong 3-inch portions.
2. Overlap the two sides of a chard leaf where the stem was removed and place a portion of beef there. Tightly roll the chard around the beef.
3. Place each roll, seam-side down, in a large nonstick skillet. Pour in broth, cover and bring to a boil over high heat. Reduce heat to a simmer; cook until an instant-read thermometer inserted into the center of a roll reads 165°F, 8 to 10 minutes. Discard any remaining broth.
4. Meanwhile, heat oil in a medium saucepan over medium heat. Add the remaining shallot, 1 teaspoon Italian seasoning, 1/4 teaspoon pepper and crushed red pepper. Cook, stirring often, until the shallot is soft, 1 to 2 minutes.
5. Stir in tomatoes and cook, stirring occasionally, until slightly reduced and thickened, about 8 minutes. Serve the chard rolls topped with sauce and Parmesan cheese, if desired.

