

YIELD: 4

Kousa bil Laban- Stuffed Zucchini with Yogurt Sauce

Kousa bil laban or stuffed zucchini with yogurt sauce is Lebanese comfort food at its best.



PREP TIME	COOK TIME	TOTAL TIME
20 minutes	40 minutes	1 hour

Ingredients

- 10-12 Lebanese zucchini

For the filling

- 1 lb ground beef
- 1 medium onion- diced
- 1 teaspoon ground all spice
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon olive oil

For the garlic sauce

- 3 cups whole milk- plain
- 3 garlic cloves- crushed
- 1 teaspoon salt
- 1 tablespoon corn starch
- 2 cups water- reserved from zucchini broth

For the pine nuts

- 1 tablespoon olive oil

- 1/4 cup pine nuts

Instructions

Core the zucchini:

1. Wash and dry the zucchinis, cut off the stalks and slice off the dried tips at the opposite end without removing too much skin.
2. Carefully hollow out the zucchini. Start from the stalk end by inserting your corer about 3/4 of the way into the zucchini, making sure not to poke the bottoms or the tender skin of the zucchinis as you hollow. Twist the corer and pull out the zucchini flesh. Do this a few times, until you have a generous cavity. Some have found success using an [apple corer](#) to hollow out their zucchinis, I personally prefer the old fashioned way using a regular [corer](#). You can also use an [electric veggie corer drill](#).

Cook the Cored Zucchinis:

1. Bring a large pot of water to a boil, add the the cored zucchinis and simmer for 20-25 minutes or until zucchinis are cooked through.
2. Transfer to a colander to drain and cool down. Save about 2 cups of the zucchini broth, to use later when making the yogurt sauce.

Prepare the Stuffing Mixture:

1. Heat olive oil in a frying pan over medium heat and add the chopped onions and salt- cook until wilted stirring frequently (around 10 mins).
2. Add ground beef and spices and mix with the cooked onion- constantly stir to break up the clumps of meat. Cook for about 10 minutes or until meat is cooked through.

Stuff the Zucchinis:

Using your hands or a small spoon stuff the zucchini with the cooked beef mixture, all the way to the top. Repeat for the rest of the hollowed zucchinis. Set aside.

Prepare the Yogurt Sauce:

1. In a large heavy saucepan over medium heat, begin to warm the yogurt.
2. In a small bowl, dissolve the cornstarch with the reserved zucchini broth, add crushed garlic and salt. Whisk the cornstarch mixture into the warmed yogurt.

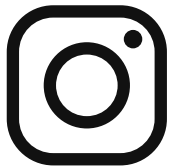
Whisking constantly to avoid the yogurt sauce from curdling. Bring to a boil and reduce heat to low.

3. Add the the stuffed zucchinis into the yogurt sauce and simmer for about 20 minutes.

To Serve:

Transfer to a serving plate, sprinkle with toasted pine nuts.

Enjoy!



Did you make this recipe?

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CUISINE: Lebanese / **CATEGORY:** Entrées

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