



Spaghetti Squash With Tomatoes And Ground Beef

Savor the wholesome goodness of Spaghetti Squash with Ground Beef, a nutritious twist on traditional pasta dishes. This recipe features a spaghetti squash, halved and baked until tender, then scraped to create spaghetti-like strands that stay nestled in their natural shell. A sauté of grass-fed ground beef, aromatic garlic, onions, and mushrooms forms the base of the dish. This hearty mix is enhanced with diced tomatoes, green peppers, and a blend of spices including thyme, oregano, and a dash of cayenne for a hint of heat. After the squash is roasted, the savory beef and vegetable mixture is spooned back into the squash halves, offering a delightful and filling meal that can be customized with parmesan cheese for those not avoiding dairy. This dish not only satisfies your taste buds but also fits well into a health-conscious diet.





Ingredients

3 lbs. spaghetti squash

2 tsp. organic coconut or grapeseed oil - divided

1 lb. grass-fed ground beef

3 garlic cloves, minced

8 oz. mushrooms, sliced

1 medium onion, diced

1-28 oz. can diced tomatoes, drained

1 organic green pepper, diced

Fresh ground black pepper to taste

½ tsp. dried thyme

1 tsp. dried oregano

¼ tsp. cayenne (optional)



Instructions

Preheat oven to 400°F. Cut spaghetti squash in half and remove seeds. Pierce squash several times with a knife, brush with 1 tsp oil and place on a baking sheet, cut side up. Bake for approx. 45 minutes or until squash is tender. Using a fork, scrape the inside of the squash to create “noodles” – leaving the squash in the shell.

While the squash is roasting, heat a large stainless-steel pan to medium-high heat. Add 1 tsp of oil, then add ground beef, garlic, onions, and mushrooms, cooking until meat is browned. Mix in tomatoes, green pepper, salt and pepper, thyme, oregano and cayenne, simmering for 10 minutes.

Add meat mixture to spaghetti squash. If you aren't eating dairy, you can always provide parmesan cheese as a topping for others!