

# STUFFED SPAGHETTI SQUASH WITH TOMATOES AND GROUND BEEF

By Dr. Cindy Tanzar

Indulge in a hearty and nutritious dish with Stuffed Spaghetti Squash featuring tomatoes and ground beef! This recipe begins with tender, roasted spaghetti squash as the perfect vessel for a savory filling. Ground grass-fed beef is sautéed with aromatic garlic, onions, and mushrooms, then combined with fresh green peppers and a vibrant mix of diced tomatoes. Seasoned with thyme, oregano, and a hint of cayenne for a touch of heat, this flavorful blend is both satisfying and wholesome. It's a delicious way to enjoy a comforting meal while embracing a healthier alternative to traditional pasta. Perfect for an easy weeknight dinner or meal prep, this dish brings delightful flavors and textures to your table!

Make 4 servings.



## INGREDIENTS

- 3 lbs. spaghetti squash
- 2 tsp. coconut or avocado oil - divided
- 1 lb. ground beef
- 3 garlic cloves, minced
- 8 oz. mushrooms, sliced
- 1 medium onion, diced
- 1-28 oz. can diced tomatoes, drained



- 1 green pepper, diced
- Fresh ground black pepper to taste
- ½ tsp. dried thyme
- 1 tsp. dried oregano
- ¼ tsp. cayenne (optional)
- Optional: Parmesan cheese

## INSTRUCTIONS

1. 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.
2. 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.
3. Add meat sauce to spaghetti squash. Sprinkle parmesan cheese on top. Enjoy!