

# HEARTY STUFFED SQUASH

**SERVING SIZE: 4**

**ESTIMATE COST: \$12.00**

**COST PER SERVING: \$3.00**

**EQUIPMENT:** Baking dish (a baking sheet will also work,) large skillet or pot, cutting board, knife, spatula, and measuring cups.



## INGREDIENTS:

- 2 medium squash of choice (i.e. acorn squash, butternut squash, spaghetti squash)
- 2 tbsp olive oil
- 1/2 onion, diced
- 4 cloves garlic, minced
- 1 lb ground meat of choice (i.e. turkey, beef, bison)
- 1 ea 15 oz can beans, rinsed
- 1 ea 15 oz can corn, rinsed
- 1 ea 15 oz can diced tomatoes, drained
- Salt & pepper, to taste

## PREPARATION:

1. Preheat the oven to 400°F and lightly grease the baking dish.
2. Slice the squash longways, through the stem and scoop out seeds to create a hollow spot for the filling.
3. Place the squash on the baking sheet, and skin down. Lightly coat upside with olive oil and generously season with salt and pepper.
4. Bake squash for 30 minutes. After 30 minutes, flip the skin-side up and bake for 15 more minutes.
5. Meanwhile, warm 1 tbsp of olive oil in a skillet. Cook onion until translucent.
6. Add garlic and meat to the skillet, stirring to break up the meat. Cook until completely browned.
7. Add beans, corn, and tomatoes. Stir to combine well.
8. When the squash is finished cooking (and can be easily punctured by a fork), remove it from the oven, flip over, and fill hollow spots with meat mixture.