

SPAGHETTI SQUASH BOWL



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 Tbsp.	Dried Basil	1 Tsp.
Lean Ground Beef	1½ Lbs.	Dried Thyme	1 Tsp.
Shallot, Diced	1	Sea Salt, Divided	1 Tsp.
Cloves Garlic, Minced	3	Ground Black Pepper, Divided	½ tsp.
Cremini Mushrooms, Diced	8	Tomato Sauce	4 Cups
Dried Oregano	1 Tsp.	Small Round Spaghetti Squash	2



PREPARATION

- Preheat your oven to 375°F (190°C).
- Carefully cut the spaghetti squash in half lengthwise and scoop out the seeds and pulp.
- Drizzle the insides with olive oil and sprinkle with ¼ tsp. of sea salt and a pinch of black pepper.
- Place the squash halves, cut side down, on a baking sheet. Bake for about 35-40 minutes, or until the squash is tender.
- While the squash is cooking, in a large skillet, heat the remaining olive oil over medium-high heat.
- Add the lean ground beef, shallot, and garlic. Cook until the beef is browned, breaking it up with a spatula as it cooks.
- Stir in the diced mushrooms and continue to cook for a few minutes until they begin to soften.
- Season with dried oregano, basil, thyme, the remaining sea salt, and black pepper. Mix well to distribute the seasonings evenly.
- Pour in the tomato sauce and let the mixture simmer for about 10 minutes. Taste and adjust the seasoning as needed.
- To serve, divide the roasted spaghetti squash strands among four serving bowls. Top with the beef and tomato sauce mixture.
- Enjoy!