

CROCK POT SPAGHETTI SQUASH AND MEATBALLS



SERVING SIZE

3



INGREDIENTS

ITEM

Spaghetti Squash, Washed
Spaghetti Sauce
IP-compliant Meatballs

QUANTITY

1
24 oz.
12 oz.



PREPARATION

- ✦ Cut the spaghetti squash in half around the middle and use a spoon to remove the seeds and membranes.
- ✦ Place the squash halves cut-side down in a large crock pot. Pour the spaghetti sauce around the sides of the squash.
- ✦ Place the meatballs around the sides as well cover the crock pot and cook on low for 5-6 hours or on high for 3-4 hours.
- ✦ Test for doneness by piercing the squash with a fork—if it goes through the skin easily, it's done.
- ✦ Use tongs to remove the squash from the crockpot carefully. Then, use a fork to scrape out all the squash and discard the shell.
- ✦ Serve the spaghetti squash with the sauce and meatballs from the crock pot.