Beef Stuffed Acorn Squash

Super versatile and easy recipe that is perfect for a busy weeknight.

You can prepare with all kinds of meats and fill with a variety of veggies. Use what you've got on hand!

The feta cheese adds a great contrast of tastes against the acorn squash.

Enjoy!

Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount		Scaled amount	
Trader Joes' Thinly Sliced Beef Sirloin	1	----	1	----
Coconut oil	1 1/2	tbsp	1 1/2	tbsp
Acorn Squash	2	----	2	----
Sliced Onion	1	----	1	----
Chopped Red Bell Pepper	1	----	1	----
Bragg's Sea Kelp Delight Seasoning	1	tbsp	1	tbsp
Ground Cinnamon	1/2	tbsp	1/2	tbsp
Feta cheese	1	cup	1	cup

Instructions

1. Pre-heat oven to 400 degrees
2. Cut Acorn Squash in half lengthwise and coat with 1/2 tbsp coconut oil. Sprinkle with cinnamon and salt and pepper.
3. Bake face up on a lined baking pan for 30-45 mins, until soft.
4. Heat remaining oil in medium sauté pan.
5. Add beef, onion and red bell pepper. Season with Bragg's seasoning, salt and pepper.
6. Cook until veggies are soft and beef is no longer pink.
7. When squash is done, mix the beef mixture with the feta cheese and stuff the beef and cheese mixture into the open faced squash.

Shopping List

Ingredients	Have it	Quantity
Trader Joes' Thinly Sliced Beef Sirloin (or other meat of choice)	☐	1 package
Acorn Squash	☐	2
Yellow Onion	☐	1
Red Bell Pepper (or color of choice)	☐	1
Feta Cheese	☐	1 cup
Coconut Oil	☐	
Bragg's Sea Kelp	☐	
Ground Cinnamon	☐	
Sea Salt	☐	
Fresh Cracked Black Pepper	☐	
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