

Turmeric Beef Stuffed Squash

4 SERVINGS 45 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Beef
- 2 Acorn Squash (halved, seeds removed)
- 1 Yellow Onion (finely chopped)
- 2 cups Baby Spinach (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/4 tsp Cinnamon
- 1 tbsp Turmeric
- 1/2 cup Organic Coconut Milk (optional, full fat, from the can)
- 1 tsp Extra Virgin Olive Oil
- 1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	375	Iron	7mg
Fat	18g	Vitamin D	3IU
Carbs	29g	Folate	73µg
Fiber	5g	Magnesium	109mg
Protein	26g	Zinc	6mg
Vitamin C	28mg		

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
- 03 Meanwhile, heat a large pan over medium-high heat. Add the beef and cooking oil, breaking it up as it cooks. Drain any excess drippings from the pan on it is cooked through and no longer pink.
- 04 To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the spinach to the beef mixture and stir until it begins to wilt. Stir in the coconut milk (optional). Season with additional salt if needed.
- 05 Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes. Divide between plates and enjoy!

NOTES

RECIPE ID 325

SERVING SIZE

One serving is equal to half of a filled acorn squash.

NO ACORN SQUASH

Use a different variety of squash.

COCONUT MILK

Use full fat coconut milk. Must be free of emulsifiers such as guar gum. The only listed ingredient should be coconut.