

# ground beef & pomegranate stuffed butternut squash

**Serves 4-6**

RECIPE ADAPTED FROM: [Fed and Fit](#); [So Delicious](#)

PREP TIME: 10 minutes

COOK TIME: 1 hour

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- 1 medium -large butternut squash, sliced in half lengthwise and deseeded ([save seeds for roasting as a snack](#))
  - 1 Tbsp avocado oil
  - 1 lb ground beef
  - 1 yellow onion, diced
  - 2 garlic cloves, crushed
  - 4-5 mushrooms, chopped
  - 1 yellow bell pepper, diced
  - ½ tsp dried thyme
  - ½ tsp dried oregano
  - cayenne pepper (optional), to taste
  - ¼ tsp salt
  - ¼ tsp pepper
  - 1 pomegranate, deseeded
  - 1 Tbsp chopped fresh parsley
  - 1 green onion, sliced (optional)
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PREHEAT oven to 375°F.

CUT butternut squash in half lengthwise and remove its seeds with a spoon.

LINE a baking tray with parchment paper and lay the butternut squash halves on it. Roast for 40 minutes.

HEAT avocado oil in a skillet on medium high heat. Add ground beef and cook it until brown, stirring often.

ADD onion, garlic, and mushrooms. Cook until the onion softens.

ADD bell pepper, dried thyme, oregano, cayenne pepper, salt, and pepper. Stir and cook further for about 10 minutes, on low-medium heat.

REMOVE roasted butternut squash from the oven and scoop out some of its flesh to make room for the stuffing.

STUFF the butternut squash halves with the beef mixture.

RETURN to the oven and cook for 10 more minutes, or until a fork slides easily into the thickest part of the squash.

REMOVE from oven and top with pomegranate seeds, fresh parsley and green onion, and serve.

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## Freezing Leftovers:

1. For an entire batch: wrap tightly with plastic and then with aluminum foil.
2. For individual servings: cut each squash piece in half and spoon a full serving into a glass container.
3. Freeze solid and enjoy within 5 months of date.
4. To reheat in the oven: place a squash piece, several pieces, or the entire pan in the oven while it's cool. Turn the oven up to 375°F and set a timer for 30 minutes to 1 hour 30 minutes (depending on the number of pieces). Remove when bubbly, but not burnt.