

Spaghetti Squash Pasta Bowl



Ingredients:

- 1-2 Spaghetti squash(s)
- 1lb Ground meat
- 1 Large onion, minced
- 1 Medium carrot, grated
- 1 Clove garlic, minced
- 3-4 Mushrooms, sliced
- 1 Bell pepper, diced
- 2-3 Cups tomato basil pasta sauce (about one glass jar)

Directions

1. Preheat oven to 400F.
2. Pierce around the squash with a fork.
3. Carefully and safely cut both ends off the squash then cut in half, length wise.
4. Sprinkle salt and pepper on the inside of the squash and place facedown on an oil sprayed cookie sheet.
5. Bake for 35-40 min. It will be ready when easily pierced with a fork or the strands on the inside start to separate easily when scraped with a fork. If you are microwaving place the halves face down on a microwave safe dish with some water and cook for 10-12 min.
6. While the squash is baking you can prepare the pasta meat and veggie sauce. Start by cooking the ground meat on medium heat until no longer pink.
7. Add the onions, carrots and garlic. Once they onions start to become slightly translucent add the mushrooms and peppers.
8. Once the veggies are cooked to desired tenderness, add the pasta sauce. Bring heat to low and simmer until warm.
9. By this time your spaghetti squash should be done. Remove it from the oven and flip the halves over and let cool for a few minutes.
10. Scrap the inside of the squash until you feel you have got it all and then pour the pasta sauce mixture on top.
11. Garnish with parmesan cheese, then you can use the squash as a bowl. If you have a large squash, it can make for a fun meal with friends or family, but if you just have a little one you can eat the half for yourself like I did and save the rest for the next day.
12. Enjoy! ☺