



INGREDIENTS

Acorn Squash:

2 acorn squash
2 Tbsp avocado oil - or other
cooking oil
salt and pepper - to taste

Stuffing:

½ onion - diced
3 garlic cloves - minced
1 lb Fitch Ranch Premium Ground
Beef
2 bosc pears - diced
1 Tbsp fresh sage - chopped
2 Tbsp fresh thyme
salt and pepper - to taste
1 cup grated parmesan cheese

TIME TO
PREPARE

20 mins

TIME TO
COOK

50 mins

CREATED BY:

www.andianne.com

RECIPE NAME STUFFED ACORN SQUASH WITH GROUND BEEF, PEARS AND PARMESAN

PROCEDURE

Preheat the oven to 400°F. Line a baking sheet with parchment paper. Using a sharp knife, slice each acorn squash in half.

Use a metal spoon to scrape down the sides. Scoop out the stringy bits and seeds.

Brush the flesh with cooking oil (I use avocado oil spray). Then season with salt and pepper.

Place the squash face down on the baking sheet lined with parchment paper. Use a fork to poke the skin a few times. This will help to release the steam while roasting. Bake for 30 minutes.

While the squash is roasting, prep the other ingredients. Dice the onion and pear. Chop the fresh sage and thyme. Mince the garlic. In a frying pan over medium-high heat, add a bit of cooking oil, diced yellow onion and garlic. Cook until onion turns translucent, about 1-2 minutes

.Add in the ground beef and break up into small pieces with a wooden spoon. Cook until the ground beef is no longer pink.

Drain any excess grease.

Add the diced pear, sage, and thyme. Mix together and season with salt and pepper.

Cook another 1-2 minutes then remove from heat.

Once squash is cooked, remove from oven and let cool 10 minutes, then flip over so that flesh is facing up. Don't turn off the oven yet.

Scoop the ground beef mixture into each acorn squash.

Sprinkle grated parmesan on top of each one.

Bake an additional 10 minutes. Remove from oven and serve while still warm. These can be eaten as-is with a fork and knife. Enjoy!