

Core Cooking with Mandie Shockley

Roasted Spaghetti Squash with Homemade Grass Fed Ground Beef Marinara Sauce



INGREDIENTS

Serves 4

1 spaghetti squash

2 cloves garlic, minced

1tsp olive oil

½ green bell pepper, chopped small

½ white or yellow onion chopped small

5-6 fresh organic tomatoes, chopped

Fresh basil

Pink Himalayan salt and black pepper to taste

1 lb. organic grass fed ground beef

INSTRUCTIONS

Preheat oven to 400 degrees. Slice spaghetti squash in half lengthwise and remove seeds. Place face down on a baking sheet and roast for 30-40 minutes, until a fork easily pierces the skin.

In a large pan, sauté minced garlic in 1tsp olive oil. Add chopped onion and bell pepper and cook until soft. Add ground beef and cook until just browned. Add tomatoes (and juice from tomatoes) to meat and veggies and cook until tomatoes turn to a sauce.

While sauce is cooking, shred spaghetti squash and add to plates. Top with meat sauce and shredded basil and serve immediately.