

Home-style Beef Spaghetti Squash

Serves 4

Ingredients

1 lb. extra lean ground beef
1/2 yellow onion, finely diced
1/2 green bell pepper, finely diced
24 oz. jar of mushroom pasta sauce
2.25 oz. can of sliced black olives, undrained
Black pepper, to taste
Red pepper flakes, to taste
2 small spaghetti squash
Kosher salt, to taste
Parmesan cheese, to garnish

Directions

Heat a dutch oven over medium high heat. Add ground beef, breaking it up with a spoon, stirring until brown. Season with black pepper and red pepper flakes. Add onion and bell pepper, continue to cook until onions are translucent and peppers begin to soften. Add pasta sauce, olives and 1/2 cup water; bring to a simmer. Simmer over low heat while preparing the spaghetti squash.

To prepare spaghetti squash: Cut squash in half. Scoop out seeds and discard. Place cut side down in a microwave safe dish, add 1/4 cup of water and cover with plastic wrap. Microwave for 7 minutes. Let cool 5 minutes (You may have to cook each squash separately). When squash is cool enough to handle, pull the squash into spaghetti like threads. Season with salt and pepper. To serve spoon sauce over spaghetti squash and garnish with Parmesan cheese.

More at:

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