



## Baked Stuffed Squash With Beef, Black Beans, and Chili Seasonings

### Ingredients

2 Organic Medium Acorn Squash	½ tsp. Eden Celtic Sea Salt
½ lb Ground Beef, from local grass-fed cows	1-1/2 tsp. organic chili powder
½ c. Organic Red Onion, chopped	Dash organic garlic powder
¼ c. Organic Green or Red Bell Pepper, chopped	¼ tsp. organic ground cumin
1 can Eden Organic Black Beans	2 TBLS. Organic Cilantro, chopped
8 ozs Organic Tomato Sauce	Local Sharp Cheese, shredded for topping
1 c. Field Day Organic Corn Kernels, drained	

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### Preparation

1. Line a 13 x 10 inch baking pan with foil; lightly grease the foil or spray with nonstick olive oil or cooking spray. Heat oven to 350°.
2. Cut squash in half lengthwise and scoop out seeds. Spray cut sides with olive oil spray nonstick cooking spray and place, cut side down, on the foil. Add about ½ inch water to the pan then cover with foil. Bake for 45 to 55 minutes or until fork tender.
3. Meanwhile, cook the beef and onion until beef is no longer pink; add bell pepper and cook, stirring, for 2 minutes longer. Stir in all remaining ingredients **except cheese** and set aside or refrigerate until it is time to stuff squash.
4. Stuff squash and put back on the baking pan. Bake for about 20 to 25 minutes, until hot. Add cheese and continue baking until cheese is melted. Serves 4.

bon appetit