

Spaghetti Squash with a Semi-Homemade Sauce



Time & Servings

TOTAL TIME: 1 hour **Prep:** 20 min **Cook:** 40 min **Servings:** 4

Ingredients

- 1 spaghetti squash
- 1-2 tablespoons olive oil
- Salt and pepper
- 1 pound ground beef
- 8 oz mushrooms, sliced
- 1 red bell pepper, diced
- ½ yellow onion, diced
- 1 jar store bought pasta sauce

Directions

1. Preheat the oven to 400°F.
2. Halve spaghetti squash. Drizzle each half with olive oil and sprinkle with salt and pepper. Roast in oven for 30-40 minutes.
3. Preheat a large sauté pan. Add a couple teaspoons of oil and add ground beef. Cook until browned and no pink remains.
4. Remove beef from pan. Add vegetables and sauté until soft. Once cooked, return beef to pan and add pasta sauce. Heat until warm.
5. Use a fork to scoop out the stringy flesh of cooked squash.
6. To serve, place about 1 cup of squash on plate. Top with about ¾-1 cup pasta sauce. Enjoy!