

Fresh Spaghetti squash with vegetable meat sauce

Ingredients

1 spaghetti squash
2lbs lean ground beef
1 can (750mL tomato sauce) →Homemade is best
½ cup water
1 tsp salt
1 tsp dried oregano
1 tsp dried basil
½ tsp dried thyme
½ tsp black pepper
1 large red pepper, chopped
1 large onion, chopped
1 large carrot, grated
1 large zucchini, grated
2-3 cloves of garlic, pressed

Directions

Meat Sauce

1. In a large pot, cook the ground beef until browned, drain away any excess fat that there may be
2. Add all ingredients to the pot and simmer half covered for about 45 minutes or until the sauce is nice and thick, stirring occasionally
3. After about 40 minutes taste test the sauce and add additional basil, oregano and thyme according to your preference. I often add another tsp of each for flavor (and lots more garlic!)
4. Freeze any unused sauce

Spaghetti

1. Cut the squash in half (leaving seeds) and place cut-side down in an oven proof dish
2. Pour in enough water to fully cover the bottom of the dish
3. Bake for 60 minutes at 375C or until the squash becomes soft to the touch
4. When finished cooking carefully using oven mitts remove squash from dish and place onto cooking board and scoop out seeds
5. Using a fork scrape the flesh from the squash, it will pull away in strands similar to spaghetti