

# Roasted Butternut Squash with Ground Sirloin

## INGREDIENTS:

1 butternut squash (try to find one with a long neck) cut into ½ inch thick rounds, neck only  
1 tsp. Salt  
½ tsp. Ground pepper  
1 T olive oil or avocado oil

## Ground Sirloin Filling:

2 T olive oil or avocado oil  
⅔ cup chopped onion  
2 garlic cloves, finely chopped  
2 ½ - 3 cups sliced mushrooms  
1 pound ground sirloin  
1 tsp. Salt  
½ tsp. Ground pepper  
¼ tsp. Cayenne pepper  
2 generous handfuls spinach, chopped

## PROCESS:

Preheat oven to 400 degrees F. Peel and cut the butternut squash into ½ inch rounds. Brush with olive oil or avocado oil, sprinkle with salt and pepper. Place on a baking sheet, lined with parchment paper.

Bake until soft but not mushy, about 30 minutes.

While squash is baking, make the filling:

Heat 2 T oil in a large skillet over medium heat. Saute the onions for 3 minutes then add garlic and cook for 30 more seconds, stirring.

Add the mushrooms and cook until tender.

Add the ground sirloin and cook over high heat, about 6 minutes or until meat is no longer pink.

Add the salt, pepper, and cayenne. Then add the spinach and cook for about 2 more minutes.

Remove the squash from the oven and place on plates. Top with meat mixture and serve.

ENJOY!

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