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# Filasky's Produce

## Taco Stuffed Delicata Squash

### Squash Prep:

3 medium-sized delicata squash cut in half and roasted  
1 Tbsp Avocado Oil  
Sea Salt

### Taco Stuffing:

1 Tbsp avocado oil  
1 small red onion chopped  
1 lb ground beef  
1 Tbsp chili powder  
¼ cup chicken broth or water  
½ tsp sea salt to taste  
1 bell pepper color of choice, chopped  
1 1/2 cups grated cheddar cheese\*  
3 stalks green onion chopped

### Roast the Delicata Squash:

Preheat the oven to 350 degrees Fahrenheit. Trim the ends off each squash. Cut the squash in half lengthwise, scoop out the insides and drizzle with avocado oil. Spread the oil around so that all of the flesh is lightly coated in oil, and sprinkle with sea salt. Place the squash on a baking sheet or casserole dish cut-side down and bake for 30 to 40 minutes, until the squash is nice and tender. You want to be able to scoop the flesh easily.

### Make the Taco Stuffing:

While the squash is roasting, prepare the taco stuffing mixture. Heat the avocado oil in a large skillet (or thick-bottomed pot) over medium-high and add the chopped onion. Cook, stirring occasionally, until softened and fragrant, about 5 minutes. Place the ground beef on the hot skillet. Allow it to brown for 2 to 3 minutes before flipping it to the other side and browning for another 2 to 3 minutes. Use a spatula to break up the meat into smaller pieces and mix it in with the onion. Add the chili powder, bell pepper, sea salt and broth (or water) and cook until there's a thick sauce around the beef, about 8 minutes.

### Stuff the Delicata Squash:

Once the squash has finished roasting and is cool enough to handle, stuff the squash with desired amount of round beef mixture and serve with chopped green onion on top. Note: If you'd like to sprinkle cheese on top, feel free to do so! You can put the squash back in the oven to allow the cheese to melt.