**Stuffed Squash**

RECIPE

**INGREDIENTS**

* 12 medium zucchini
* 5 pounds ground beef
* 4 tablespoons olive oil
* 2 cups onion, chopped
* 8 cloves garlic, minced
* 4 cups pasta sauce
* 4 tablespoons Italian seasoning
* Salt and pepper
* 4 cups cheddar or mozzarella cheese
* Optional Ingredients:

yellow, squash, ground sausage/turkey or chicken, vegetable oil, mushrooms, red or green bell pepper, crushed red pepper, ketchup, parsley, parmesan cheese, bread crumb garnish

***Note:*** *Fresh zucchini or other squash types are not on the order guide and should only be obtained through OFH or as a donation.*

**DIRECTIONS**

1. Preheat oven to 350 degrees. Fan speed low. Spray 2” pan with non-stick spray.
2. Trim ends from zucchini and slice in half. Scrape out zucchini flesh, finely chop it and set aside. Place zucchini in prepared pan.
3. Heat olive oil on stove and cook onions for 2-3 minutes, add garlic and cook for 1 minute. Add ground beef stirring to break up clumps until meat cooks. Drain excess fat.
4. Add zucchini flesh, pasta sauce, Italian seasoning, salt, pepper and any other optional ingredients you desire. Allow to simmer for 8-10 minutes.
5. Stuff zucchini with meat mixture. Cover with foil and bake for 25-30 minutes or until zucchini is tender.
6. Remove foil and sprinkle cheddar or mozzarella cheese on top. Place back in oven until cheese is melted.

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| **Prep Time:** 30 minutes | **Cook Time:** 60 minutes | **Total Time:** 90 minutes | **Yield:** 24 servings |