



Fiesta Stuffed Spaghetti Squash

Ingredients

1 large spaghetti squash
1 tablespoon olive oil
Salt and pepper, to taste
1 cup vegan ground beef (crumbles)
1 cup canned black beans, drained and rinsed
1 cup canned corn, drained
1/2 cup diced tomatoes (optional)
1 small onion, diced
2 cloves garlic, minced
1 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon paprika
1 cup vegan cheese, shredded
Fresh cilantro, chopped (optional, for garnish)

Instructions

1. Prepare the Spaghetti Squash:

1. Preheat your oven to 400°F (200°C).
2. Cut the spaghetti squash in half lengthwise and scoop out the seeds.
3. Drizzle the inside of the squash with olive oil and season with salt and pepper.
4. Place the squash halves cut-side down on a baking sheet lined with parchment paper.
5. Roast in the preheated oven for about 35-40 minutes, or until the flesh is tender and can be easily shredded with a fork.

2. Prepare the Filling:

1. While the squash is roasting, heat a large skillet over medium heat and add a tablespoon of olive oil.
2. Add the diced onion and cook until it becomes translucent, about 5 minutes.
3. Add the minced garlic and cook for another 1-2 minutes until fragrant.
4. Add the vegan ground beef to the skillet and cook until browned, breaking it up with a spoon as it cooks.
5. Stir in the black beans, corn, diced tomatoes (if using), chili powder, cumin, and paprika. Cook for another 5-7 minutes, until everything is heated through and well combined. Season with salt and pepper to taste.

3. Assemble the Stuffed Squash:

1. Once the squash is done roasting, remove it from the oven and let it cool slightly.
2. Use a fork to scrape the flesh of the squash, creating spaghetti-like strands, but leave the strands in the shell.
3. Divide the filling mixture evenly between the two squash halves, spooning it over the shredded squash.
4. Sprinkle the shredded vegan cheese on top of each filled squash half.

4. Bake the Stuffed Squash:

1. Place the stuffed squash halves back in the oven and bake for an additional 10-15 minutes, or until the vegan cheese is melted and bubbly.

5. Serve:

1. Remove the squash from the oven and let it cool for a few minutes.
2. Garnish with chopped fresh cilantro, if desired.
3. Serve hot and enjoy your stuffed spaghetti squash!