

Fajita in a Squash



INGREDIENTS

- 1 summer squash or spaghetti squash (halved and seeds removed)
- 1 pound cooked ground beef
- 1 red bell pepper chopped
- ½ chopped onion
- 1 Tbsp Coconut oil
- 1 cup salsa
- 2/3 cup crushed tomato
- 2 tsp crushed garlic
- 1 Tbsp crushed ginger
- ¼ tsp Himalayan salt
- 1 Tbsp Epicure Fajita Spice mix (www.epicure.com)

PROCESS

Pre-heat oven to 400F

Heat oil in a pot or work.

Saute onions, bell pepper, garlic and ginger.

Add cooked ground beef, salt, fajita spice mix and cook for two minutes.

Add crushed tomato and salsa and cook for another 5 minutes (ensure the water has evaporated, if any).

Fill up the squash with ground beef mix and bake for 40-45 minutes.

Enjoy!