

Meat stuffed Honeynut squash

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This meat stuffed Honeynut squash is filled with lean ground beef, rice and cheese. You will love how easy it is to make this dish and love the sweet natural flavor of honeynut squash.

Ok, I know your thinking " what actually is a honeynut squash? Although it looks like a miniature butternut squash it is not. The honeynut squash is it's own variety. It is a cross between the buttercup and butternut squash. The small size makes it perfect for stuffing. They started showing up at Trader Joe's a few years ago at this time of year. In fact it was the first place I found them at the grocery store instead of just the farmers markets.

Variations for these meat stuffed honeynut squash

I though a hearty savory filling would go well with the the sweet honey flavor of honeynut squash. If your not a fan of ground beef or you just want to change it up spicy or mild Italian sausage works in this recipe.

Another variation: the rice can be replaced with orzo and if you want to go the vegetarian route leave the meat out and add vegetables that fit your taste. This meat stuffed honeynut squash recipe is a perfect make ahead recipe and it's freezer friendly.

If you make this recipe please leave me a comment. I love hearing from you It's my favorite part!!!

Ingredients

- 3 honey nut squash
- 2 cups cooked rice
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1/2 lb. lean ground beef
- 2 cups marinara sauce divided
- 1 1/2 cups grated parmesan
- 1/2 cup chopped Italian parsley

Instructions

1. Start by washing the the squash and drying. Cut the squash in half remove the seeds. Drizzle with olive oil, Italian herbs salt and pepper to taste. Then roast in a preheated 375-degree oven for 20 minutes.
2. Mean while make the filling by sautéing the garlic and onion in 4 Tbsp. of olive oil until soft and just beginning to brown. Then add the ground beef and brown. salt and pepper to taste. add 1 cup of marinara sauce and 1/2 cup of chicken stock simmer 10 minutes take it off the fire. Then mix in 1 cup of the parmesan cheese, Italian parsley and the cooked rice.
3. Fill the prebaked squash half with the stuffing. top each one with the remaining marinara and grated parmesan and bake for 15 minutes or until the cheese is bubbly and beginning to brown. Top with more freshly chopped Italian parsley. ENJOY!!!