



## Beef Stuffed Pumpkin

### Ingredients:

- ONE 4 lb pumpkin
- 1 lb lean ground beef
- 1 cup chopped onion
- cooking oil
- 1/3 cup diced red bell pepper
- 1/3 cup chopped green pepper
- 1 clove garlic, minced
- 1 tsp salt
- ¼ tsp thyme
- ¼ tsp fresh ground pepper
- 7 ½ oz can ripe pitted olives
- 8 oz can tomato sauce
- 2 eggs, beaten
- 1 small tomato or 4 cherry tomatoes cut into wedges for garnish
- grated parmesan for garnish



## Directions:

- **Cut off pumpkin top, set it aside to use in baking.**
- **Remove seeds and fibers.**
- **In a large pot, simmer pumpkin in salted water for 20 – 25 minutes until almost tender.**
- **Remove pumpkins from water and set aside.**
- **Meanwhile, preheat oven to 350 degrees.**
- **Over medium-high heat, brown beef and onion.**
- **When beef is cooked thoroughly, add peppers and garlic.**
- **Cook for one minute.**
- **Remove from heat and stir in remaining ingredients.**
- **Spoon mixture into pumpkins.**
- **Replace lids on tops of pumpkins.**
- **Bake for 1 hour.**
- **Let stand for 10 minutes.**
- **Slice into wedges and serve peel side down with stuffing on top.**
- **Garnish with tomato slice and grated parmesan cheese**

