

Savory Stuffed Pumpkin

1 small pumpkin 8-10" diam or
2 smaller pumpkins 5-6"

1.5 lbs of lean ground beef

1 Tbsp parsley flakes

1 cup fine bread crumbs

½ tsp basil

½ cup diced onion

½ tsp oregano

1.2 diced green pepper

1 tsp chili powder

1 cup sliced mushrooms

½ tsp cayenne

2 cups canned tomatoes

1 Tbsp sesame seeds

½ cup catsup

Garlic powder

1 Tbsp Worcestershire sauce

Salt & pepper

1 Tbsp brown sugar

Parmigiana Cheese

NOTES: Slice pumpkin(s) in half vertically, clean out seeds and insides – set aside.

- Cook ground beef and drain off excess grease.
- Sauté onion, green peeper and mushrooms.
- Then, return ground beef to the pan.

Add all remaining ingredients except for parmigiana cheese.

- Simmer until most of the liquid has evaporated.
- Fill pumpkin halves, sprinkle with cheese and cover with foil.

Bake at 400f for 2 hours or until pumpkin is cooked. Serves 4-6

~ A huge ingredient list, but seriously, well worth it!

From Bonnie Lawson, Medicine Hat, Alberta