

# Beef + Mushroom Stuffed Acorn Squash

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-curry-recipe-ground-beef>

## Ingredients:

- 1 tablespoon olive oil
- 1/2 red onion or medium sweet, diced
- 5 cloves garlic chopped
- 1 pound ground beef organic grass fed, or organic ground turkey
- 2 cups baby bella mushrooms chopped
- 1 red bell pepper or small green, seeded, cored, diced
- 1/4 teaspoon cumin
- 1/4 teaspoon nutmeg
- red pepper
- spice
- curry
- 2 yellow tomatoes seeded, diced
- 2 teaspoons dried Italian herbs to taste- basil, oregano, marjoram, sage, thyme
- balsamic vinegar Splash of
- 1 tablespoon agave nectar raw organic, honey, or molasses
- 1/4 cup ketchup Muir Glen Organic
- 1/2 cup gluten free organic beef broth
- chopped parsley Fresh, as needed

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 50 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 5 grams

8. Sodium: 180 milligrams
  9. Sugar: 6 grams
  10. TransFat: 1 grams
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